Mind Magic Methods

A Complete Magickal System

Merlin Starlight

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Mind Magic Methods

A Complete Magickal System

by Merlin Starlight

To All Who Enter Here:

★ **Be prepared** for your *Perception* of the World, the Universe, and Everything to drastically change;

★ **Be prepared** to stop seeing Reality as the rigid environment you've been living in and start seeing it as the flexible, dynamic, moldable *Reality* that it actually is;

★ **Be prepared** to become a *Creator*…

PART I: REVVING IT UP

1. WHAT'S THIS ALL ABOUT?

The key to growth is the introduction of higher dimensions of consciousness into our awareness.

—Lao Tzu

Introduction - What Is Mind Magic?

So you want to learn magick, eh? You've come to the right place!

Mind Magic is a system of magick that teaches you to use your mind-body connection, your intention, and the power of your observation to alter the configuration of your current reality into one that is more desirable. This is done by activating powerful links between your conscious and subconscious minds.

Perhaps you've read my first book, *Mind Magic for Beginners*, and thought within yourself, "Wow! This is powerful stuff! I wonder how far I can take this." My answer:

Pretty. Damn. Far.

In fact, I know of no limit. Limitations are in your own mind. Remove them, and you can work some amazing magick.

In this book, I have encapsulated the various teachings of Mind Magic into a set of methodologies that can be utilized to effect powerful change in virtually any aspect of your reality.

A word about the spelling: You may have noticed that I used spellings of *"magic"* both with and without a "k" in the title of this book. The reason is simple. The commonly-accepted spelling is, of course, "magic." My first book used this spelling exclusively, as it is an introduction to magic for those who aren't familiar with it. But this word has been corrupted with the ideas of illusion, tricks, and other falsehood. The spelling "magick" implies the occult (secret or hidden) practice of *real magic*. Since "Mind Magic" was named with my first book, it will keep its name and its spelling. Going forward,

however, I will use the spelling “magick,” “magickal,” and so on to refer to magic, even though most dictionaries will claim that these are not real words. (Let them go ahead and try to take them from us.)

Another note about terminology: Mind Magic is not a religion, nor does it have a given set of beliefs about God or the Universe associated with it. You can hold to your religion, if you have one, and still practice Mind Magic. With this book, you will learn to work with the Power of the Universe. You can call this God, the Source, the Spirit of God, the Divine Power, or whatever you choose to. In an attempt to please everyone, I choose to use the term “Universe,” as that is, well, *universal*.

This brings me to who this book is written for. I’m going to assume that you are familiar with some form of magick, mind power, or healing modality. If you are familiar with any form of magickal art like tarot, runes, spell casting, Wicca, or Reiki, if you practice eastern magick like channeling or moving chi/qi energy, or if you simply practice meditation with focused intent to create or manifest your own reality (Law of Attraction), then you will do well with this book.

Have you ever felt like this…?

- Have you ever focused hard on magick that requires you to call on angels or spirits of some kind, all the while you are wondering if those spirits will really respond (or if they even exist)?
- Have you done enchantments that require you to read words in an ancient language and wondered why you can’t just speak powerful words in English to work the magick?
- Have you ever poured over an enchantment or incantation, doing it every day for a specified number of days, only to find that sometimes you just don’t feel like doing it or you simply can’t focus on it—and then you wonder if it’s going to work?
- Have you ever gathered all the materials you needed and then waited for the right moment to work a spell—when the moon is full, perhaps—only to find that you weren’t in the right frame of mind when the time came (your heart wasn’t in it)?

- Have you spent time trying to gather all the right materials, arrange them all the right way, and work a spell or enchantment just exactly so only to find that you messed something up, and now you're wondering if it will still work?
- Or maybe you're not into working spells at all and instead you've meditated over and over again on the same thing without seeing any change—have you ever wished there was some way to directly interact with reality and modify it?

If so, then Mind Magic is for you!

In a nutshell, Mind Magic is the practice of using a set of structured methodologies to work powerful magick with only your mind. Unlike traditional forms of magick, you **don't** need to call upon angels, demons, or other spirits, you **don't** need to read or speak things in another language, you **don't** need a wand, a long cloak, and a set of crystals (although those things are cool), you **don't** need a full moon, and you **don't** need (thankfully) parts of exotic animals. You only need… *Yourself*.

Mind Magic does away with the need for external entities, objects, and circumstances to help you work an enchantment. Instead, we will dive within *You* to activate real magick for positive change.

You have the ability within yourself to work powerful magick all on your own. And now that you're reading this, it's my job to teach you how. So I'm starting with repeating that statement: **You have the ability within yourself to work powerful magick *all on your own*.** You only need to learn how to access and utilize it. You already have the power within! Now let's unlock it…

The Journey Begins

The book you are holding in your hands can open a whole new world for you. Within it, I am presenting you with a complete system for working powerful magick using 5 key methodologies. Learn to use these methods systematically and yet consciously, saturating the power of your observation with your focused intent, and you will be working magick.

If you are completely new to magickal arts, or if you would simply like to get more familiar with the basics of Mind Magic, then you may want to read my first book.

If you *have* read my first book, even if you aren't familiar with any other magickal practice, I expect that you will be ready for this book. And you may have noticed that the magickal exercises I provided in the first book utilized a variety of forms for working magick—energy spheres, cylinders, timelines, holograms. Technically, there are endless ways you could work magick.

Here, we are going to make the practice of Mind Magic methodical. The purpose of this book is to provide you with a complete system of magick using a few primary methods of Mind Magic. (I named it *Mind Magic Methods* for a reason.) After I teach you how to utilize the key methodologies, I will explain the "magickal session." You will learn how to prepare for magick, open a session, work the magick using the methods you've learned, and then close and finish the session. The combination of the 5 methodologies and the magickal session will give you all the tools you need to create magick to accomplish your own purposes in any area of life. With these, you can effect powerful alterations to reality in any way you can imagine. The possibilities are endless!

My first book provided a variety of magickal exercises to work magick for certain, specific purposes. This book gives you the building blocks and the structure to create your own magick. The methods you will learn here are flexible enough that you can customize them a bit to your own preferences. They are tools for your magickal toolbox. You will learn to pull them out and use them at will. You will learn to combine them in various ways. You will learn how to follow inspiration as you work your magick. You have the Power within you to do this! I am here to teach you how to engage that Power.

Sounds simple enough, right? If it sounds too difficult to you, let me assure you that working Mind Magic is easy to do. And here's what you can do for yourself to make it as easy as possible to learn: OPEN YOUR MIND. If you're the kind of person who tends to be set in your ways, make a decision right now to change that. If you believe you are already an openminded person, decide to open your mind *even more*. Let go of any limitations that you have set for yourself. Be open to changing your ideas, your beliefs, your

underlying notions of reality. And stay open to that as you read this book.

Now look around. No, really, pause reading right now and look around yourself, wherever you are. I'm here to tell you that the world you see all around you is not as solid as it seems. It is a complex web of interacting energy, always in motion, always changing. Mind Magic is simply a method of engaging your whole mind to influence that already changing, fluxing world around you to take the path of change that you *choose* for it—to put unseen energies in motion to alter your reality. Yes, you do have the power to do this.

As you embark on this new journey, I'm going to ask something of you: Commit to finish reading this book.

Simple enough, isn't it? Too many great books get started without being finished. I want you to commit to reading this entire book because I want your life to be blessed by the ideas, the principles, and the powerful tools presented to you in it. Read every chapter. Practice the magick when instructed to do so. Keep your mind and heart open. And stay open to the limitless possibilities of magick!

Within the pages of this text, you may find some golden nuggets—ideas which, once planted inside your mind, have the power to change forever how you view your every desire, your every aspiration, and every goal you may have for your life. You will especially find these golden nuggets in the last part of the book (the last few chapters). But don't skip ahead! Go through it all chapter by chapter for a deeper understanding of the whole.

You have begun a journey. Now stick with it!

My Mission And Vision

Let me tell you why I'm writing this book: When I first wrote *Mind Magic for Beginners*, it was designed to introduce people to simple magick that they could work easily and without a lot of hubbub. I had ideas in my mind for a more advanced text as a follow-up. I told people to contact me through social media and let me know if they were interested in more. The response I received was overwhelmingly positive. In fact, every individual who contacted me had positive things to say, and a great many of them told me

they were looking forward to the next book.

While the book you are reading is certainly a more advanced text, it's not the book I first conceived of writing. It's even better. After a lot of deep thought as well as input I received from my readers, I realized that the best thing to provide the world with was a "magickal system"—a way to structure Mind Magic so that it could be applied systematically to any and every situation. And this is what I have given you here. It's a way to create your own enchantments using a given set of methodologies so that you can customize your magick to whatever you desire, allowing you to alter virtually any reality in a fun and systematic manner. The point of all of this is to enable you to optimize and control the circumstances of your life so that you may enjoy it more fully.

This is all in line with my mission and vision as Merlin Starlight. Here is what I stated my mission was in my first book:

> *To elevate the consciousness of the world, one soul at a time. To help my fellow humans on this earth to find true happiness and deep inner peace. To share the power I have learned with all of you as well—that you may also learn to control and optimize your life and thus enjoy life to your fullest capacity. And I will teach those lives that I have touched that the world truly is wonderful. By doing this, together we will make this world a better place.*

And here is what I stated my vision was:

> *I will empower individual souls who will then share that power with other individuals. This knowledge and power will spread like a complex network—a web of magic—around the world. And thus this work will multiply blessings across the globe!*

There it is, word for word (even with the spelling of "magic"). I'm holding to this mission and vision. Yes, my mission is now underway, and the vision is growing every day. One of the greatest purposes in my own life is to share with the world the true happiness, deep inner peace, and magickal power to optimize life that I have come to discover. Why? Because I love the world! No, I don't mean nature (although I actually do love nature). I mean YOU! I love *you!* I love people! I especially love my readers. I want *you* to succeed! I believe you can! More than that, I *know* you can. And it's my job to teach

you how to succeed with magick.

Another part of my mission and vision is that the magick I teach must be simple and easy to do. There are plenty of books out there that will teach you complicated rituals, spells, and enchantments. But that's not why you're here. You're here to learn how to work powerful magick in an simple, flexible manner—in a way that you can easily remember. And so my vision has now expanded into the desire to give the world a powerful *system of magick* that can be used to enhance the lives of individuals all around our planet.

In our modern day of fast technology and instant gratification, everyone is looking for a shortcut. Mind Magic is designed to be a shortcut to working magick. And the system of Mind Magic that is taught in this book is designed to be a shortcut to creating your own magick for any situation. So take advantage of it!

My Credentials

Maybe you want to know my credentials. What gives me the authority to teach a powerful system of magick? I'll tell you…

You don't actually go to college and get a degree in magick. I do have a bachelor's degree, but why would that matter here? Magick is about making things happen in mysterious ways—often miraculous ways. Therefore, any credential in magick would have to be based on one's *ability* to do this. So here is my authority: EXPERIENCE.

I practice magick every day. For many years, I have studied magickal arts, healing modalities, subtle energies, and even quantum physics. I have dabbled in traditional magick, played around with spell-casting, and so on. I found much of it to be time-consuming, both to learn and to practice. Being a busy person with both a family and a career, I found it necessary to make the practice of magick *fast* and *easy*. Necessity is the mother of invention. So I found a way—a way to work powerful magick quickly, easily, even systematically. I have developed this magick into a methodical system that I'm now ready to share with the world. Since I developed Mind Magic over 10 years of experience—and more recently the system around it—I am the only one who can share that system with the world. But I don't count this as a heavy responsibility. I am excited to share this system with you! My heart

yearns to share it. And that's what this book is all about.

In the process of creating this powerful system, I was doing some magickal "testing." One of the tests I ran was very simple. It had to be something concrete, something straightforward, something easily confirmable. I chose this: Someone randomly hands me a pen. I thought it was simple enough. Although it wasn't something that normally happened to me, it was certainly conceivable to happen. And it would be easy to confirm.

Using a Mind Magic timeline, I connected to a place where this event would definitely happen—where it had *already* happened. (I'll teach you this later.) Then I let it go. I had been working this magick in my home office with my door locked. When I was finished, I opened the door and went to step out. Just at that moment, my son came rushing over to me, pen in hand. "Here, take this," he said. He looked at me awkwardly, like he had no idea why he was randomly handing me a pen. I couldn't help but smile. When I asked him to explain, he said he'd found it in some bin of his that he was cleaning out. It was an odd pen, and he didn't know what to do with it, so he gave it to me.

Although I obviously knew why he'd given it to me, I was quite pleasantly surprised. Now understand, I was not surprised that this event happened. I *knew* it would happen. I was just shocked by how *fast* it happened. It was literally within a couple seconds of me opening my office door. It couldn't have happened any sooner! The Universe provided a fulfillment to this event at the *earliest possible moment*. It was just a pen, but it was beautiful.

This is what I want to teach you—not so that people can hand you pens, of course, but so that you can do far greater things! Not all magick works that quickly, but it certainly can. And the effects of magick can be much greater than just random little events. Remember, that was only a test I was doing. You can use Mind Magic for virtually anything, large or small. You can use it to enhance relationships, alter your finances, fix things, find things, create new experiences, modify timelines around events, protect people and objects, heal yourself or others, avoid illness, and improve yourself in a variety of ways (improve your physical health, enhance your emotional well-being, remove mental stresses, improve your productivity, and anything else you can conceive of).

I would call myself a perpetual student. I am always learning, always growing, always expanding my horizons, always experimenting with what

I've learned. I'm always measuring, testing, changing, improving. Based on the overwhelmingly positive response I have received from my first book, I have decided that I will continue to share the experience I've gained and the knowledge I have with the world—through books. I now have definite plans to write books about meditation, third eye "seeing" (second sight and ESP), quantum magick, doing healing work, and other related topics. I even have plans to set up a website where I can provide free magickal information to the world on all of these topics. I have already purchased the domain "merlinsmagick.com" and have begun working on the website. (It is expected to be available in the Summer of 2020.) I'm on your side, and I want to be there for you on your journey. My desire is to help you be successful with magick and with all that I'm teaching you—to help you practice it and make it perfect!

So stick with me, and we'll go places. But first, a warning…

A Magickal Warning

I want to be clear from the start that this book and the system of magick that it teaches are *only* to be used for positive, beneficial purposes. It is for blessing, not for causing harm. I am well aware that many people use or have used magick to cause harm to others, get back at their enemies, or create negative situations for people that upset them. None of these things ought to be done with Mind Magic or the system built around it. I do not and never will teach any form of black magick—not because I do not believe in it, but because I do not side with it. Do **not** attempt to use the magick taught in this book to cause harm to others. It *will* come back to bite you. I strictly adhere to never using magick to harm anyone—or to bring evil, misfortune, or mishap to another person—no matter how much I think they deserve it! This is not because I'm afraid of the consequences of bringing evil upon myself. It is because I enjoy the blessings of being in sync with the powerful, creative energy of the Universe, and I would do nothing to disturb that.

I firmly believe that the underlying energy of the Universe is creative and constructive at its very core. True, there are natural causes of destruction both locally and throughout the Universe. But the overall push of the Universe is to further the organization of its energy and to build and enhance the

intelligence that possesses that energy. That said, I only work and teach magick that is in tune with and in line with this creative and constructive energy. It is positive. It is beneficial. It is beautiful.

You are free to use Mind Magic and the magickal system taught in this book for anything that is positive, beneficial, or just plain "useful." Use it to bless those you love. Use it to bless yourself. Use it to bless our world. Use it for healing, protection, luck, family, friends, and pets. You can use this magick to expand your business, upgrade your influence, or change any situation to be more as you desire it to be. You can even use it to obtain money, power, and pleasure. But remove from all of your intentions in magick any thought of harm toward others. I'm not Wiccan, but I do stand beside all of my Wiccan friends in the last line of their creed, which reads: "An Ye Harm None, Do What Ye Will." Or, in other words, work whatever magick you desire to work so long as you are harming no one in the process.

I would like you to know that protections have been put in place to prevent you or anyone else from using this system of magick for harm. This is not just karma. This is powerful protective measures that are pre-built into this magickal system. Proceed with caution. If you intend harm toward others, then you should stop reading now. But if all your intents are positive and beneficial (or "useful" as I like to say), then by all means proceed with good speed. I only want to bless your life and the lives of others all around the world. I'm going to assume that you want the same, that you have only positive and beneficial purposes with magick, that your intentions are good, and that you desire to enhance your life, change your reality in positive ways, and bless the lives of those you love.

So let's begin with a better understanding of magick…

2. YOUR MIND & THE SCIENCE OF MAGICK

> *You are not limited to this body, to this mind, or to this reality—you are a limitless ocean of Consciousness, imbued with infinite potential. You are Existence itself.*
>
> — Joseph P. Kauffman

The Conscious And Subconscious Minds

I'm sure you're familiar with the major differences between your conscious and your subconscious minds. While your conscious mind is the residence of your thoughts, logic, reasoning, and cognitive skills, as well as a good part of your awareness, your subconscious is the home of your feelings, memories, deep beliefs, and an even deeper awareness. (See Figure 2.1)

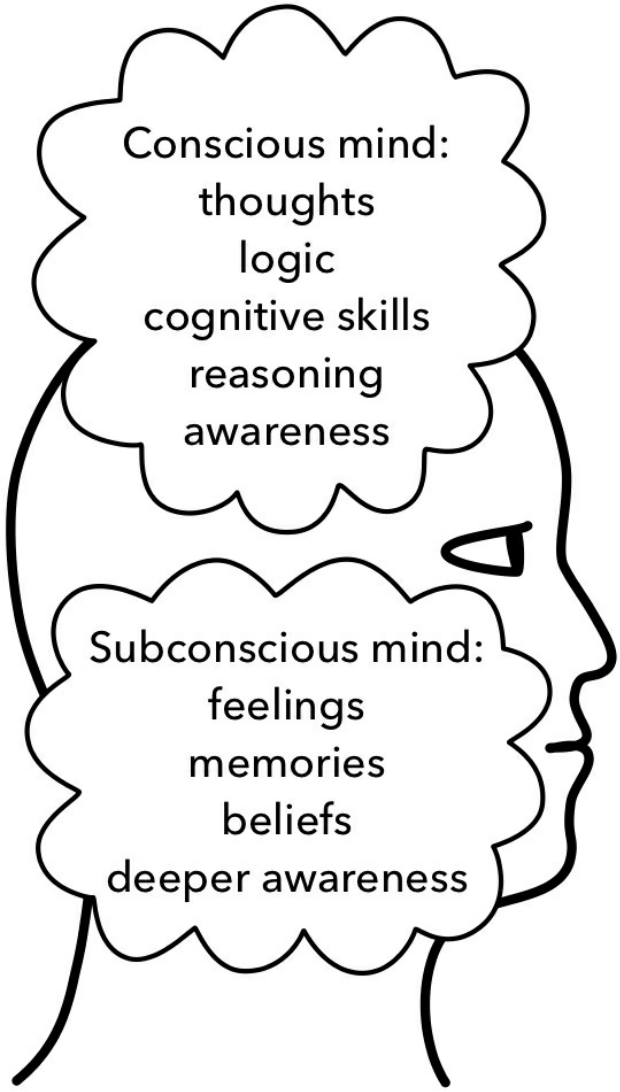


Figure 2.1 — Your conscious and subconscious minds

Your conscious mind is where you process logical thought, reason things out, and make decisions. Your awareness generally lives here. This is the home of the "self"—that little voice that runs in your head which you identify as "you." Your awareness of your surroundings and of others around you, your interaction and communication with objects or people in your environment, and even how you think others perceive you are all functions of your conscious mind.

Your subconscious mind is where your feelings, memories, and beliefs are stored. It's main job is to protect and preserve you at all costs. It "pays

attention" (with a sort of background awareness) to all the conditions of your current environment. In order to do its job and protect you, it constantly monitors your environment for anything perceived as danger. This "danger" goes way beyond anything that is life-threatening. Your subconscious mind works to protect you from pain, stress, and other negative emotions as well. It could be something as simple as a set of conditions that match up to a memory of a past experience where negative feelings were felt as a result.

Your subconsciousness often influences your consciousness without you being aware that it's doing so. When the subconscious perceives some kind of danger, a present or potential issue, or even a familiar feeling, it uses its influential power to sway the thoughts, decisions, and actions of the conscious mind. It may trigger one of many automatic responses to your environment, such as the all-too-common "fight or flight" reflex. In many cases, your subconscious mind exerts this influence in cunning ways. Most of the time, you probably aren't even aware that it's happening. It's a little trickster. It knows that being too obvious to the conscious mind might cause you to become aware of its influence and thwart it. It does its job better by keeping you unaware—or unconscious—of its discreet guidance.

Your subconscious mind senses, feels, remembers, believes, knows, but doesn't really understand reason or rational thought. Its actions are based on that stored reservoir of emotions, experiences, and underlying beliefs (which it interprets as "knowledge"). More often that you realize it, your subconscious mind exerts such powerful influence over your conscious mind that your reasoning, your decisions, and your interactions with others don't come out the way you wanted them to. You don't know why you made that decision when it wasn't very logical—it was based on *feelings* that the situation brought up which came from your subconscious. You can't explain why you reasoned a certain thing out in an illogical fashion—it was based on a *belief* that your subconscious brought up and slipped in underneath your awareness. You don't know why you said a certain thing to a certain person when it's unlike you to do so—it was based on a *memory* of something that person did long ago.

When you become aware that your actions were influenced by subconscious feelings that you previously weren't aware of, don't get angry with yourself. Don't get frustrated with your subconscious mind. It's really your friend. It's just trying to do it's job—to protect you! Your subconscious doesn't reason

things out. It just recognizes people or situations that are familiar to something it remembers—something it has "learned" and embedded deep within yourself. And that's something that the subconscious is really good at: learning. It learns new feelings, new beliefs, new "knowledge," and it embeds them deep within your mind so that your actions and reactions around that concept become automatic and unconscious. When a circumstance triggers a memory of stress, danger, or pain, you will likely experience a reaction strong enough to influence your conscious thoughts, decisions, and behavior without your awareness. While this influence can sometimes make your life more difficult, don't fault your subconscious mind! This is its function. Learn to work with it, not against it.

Your subconscious mind is where your true power in magick will come from. If you are in the habit of kicking yourself for your behaviors or of scolding yourself for being so "stupid," please stop now. You aren't stupid. You are an intelligent human being. And your powerful subconscious mind is doing exactly what it is deeply programmed to do—to exert strong influence upon your consciousness so that you behave in certain ways to avoid danger, pain, stress, and other feelings or experiences that it perceives as negative. Yes, I'm well aware that this deep programming can also create pain, stress, and other negatives over and over again. This is an aspect of a poorly programmed subconscious mind that we will discuss more in Chapter 15.

For now, I want you to become friends with your subconscious. Come to know it. Come to understand what it's bringing up to your attention and why. These things are important. This deeper part of yourself is always aware, but with a level of awareness that is beneath what you are consciously cognizant of. Not only does your subconscious have a deeper *awareness* of reality, it also has a deeper *observation* of reality. It's paying attention to things that you don't consciously pay attention to. And this is why your subconscious mind can work such powerful magick!

There are two key concepts that I want you to get out of this section. These are extremely important for working magick. They are: 1) You must learn how to connect your conscious and subconscious minds. 2) You must learn to use this connection to consciously influence your subconscious mind.

For the first key concept, there are a lot of situations that naturally occur where our conscious and subconscious minds cross over. Here are a few

examples: Driving the same familiar path home and having to interrupt that "program" to stop at a store; waking up from a dream that you can clearly remember at first but which quickly fades away; playing an instrument that you are familiar with but playing a new piece of music with it. Later, I will teach you some easy ways to get out of your conscious "thinking" brain and into your subconscious, as well as how to cross the two so that you engage your subconscious mind while still being consciously in control of your thoughts and actions.

The second key concept goes against the flow a bit. It's normal and automatic for your subconscious mind to influence your conscious mind. It's not so automatic to go the other way. Oh, there are common situations where your conscious mind influences your subconscious, such as learning to ride a bike, type on a keyboard, or play an instrument. This is a *learning* process, and it's slow and tedious. To work magick, you need to be able to tap into your subconscious quickly and influence it more directly. I will teach you how to do this.

Why is magick more subconscious than conscious? Because your subconscious mind is so much more powerful than your conscious mind! You use your conscious mind to decide, intend, and direct the magick, but it's your subconscious that works the powerful changes.

Think of it this way: The subconscious mind evaluates the situation, compares it to its stored "database" of events, feelings, beliefs, memories, and then acts according to its understanding of the situation. This action can turn out to be good (what we wanted) or bad (not what we wanted). In other words, it can be *useful*—or not. The important thing I want you to note here is that the subconscious mind doesn't "try" to do something. It just does it—as if its power to influence reality simply by *observing* it is not limited. We see limits only in our conscious minds. The subconscious mind doesn't see those same limits. Remember, it isn't rational. It just does things. And just as it subtly influences our conscious minds, it subtly influences reality as well.

Remember that famous line from the Star Wars movie, *The Empire Strikes Back*, where Yoda is teaching Luke about the force? He says, "Try not! Do, or do not. There is no try." This is a lot like how your subconscious mind views things. If there's something to do here, let's do it. If not, then let it be. Limitation is never considered.

Incidentally, in that same scene, when Luke complains that the task he is being given next is different in that it is far more difficult, Yoda responds, "No! No different! Only different in your mind. You must unlearn what you have learned." In this book, I want you to *unlearn* some of what you've learned. We're going to start with one that might step on your toes a bit…

Why You Should NOT Have Faith

I'm not talking about beliefs here. Beliefs are an important part of your subconscious makeup. They form a basis for many of your unconscious actions. This can be crucially important in the realm of magick, as you may need to change some of your subconscious beliefs. But that's not what I mean by "faith." I'm referring to the kind of faith taught by many modern religions. Believe that such-and-such will happen. Just keep hanging on to it. Exercise faith when you pray so that your prayer will be heard. When times are hard, just keep holding onto that faith that things will get better. On the surface this sounds like good counsel, but let's look a little deeper into it…

The attempt to "hold onto" faith—that something will happen, that something or someone will get better, that some miracle might occur—all of these have the *seed of doubt* planted within them. If you analyze it closely, faith as people describe and practice it today is coupled with doubt. The person exercising this faith is really saying to themselves, "I'm trying to believe something that maybe really isn't so." It's like saying you don't really think some miracle is going to happen, but you're going to keep believing it anyway. Even though many count this type of faith as a positive thing, it really isn't so great for you. Sure, that miracle *could* happen. Then you could breathe a sigh of relief, "Whew! I'm glad I'm past that." In actuality, you left most of it to chance—or perhaps to God or some other force altering that reality. The very feeling of relief to be past it was the end of a tension that was nervous about it to begin with. Think about this. You weren't sure if it was going to happen. You held onto faith, hoping it was enough. This type of faith indicates that there must be doubt to some extent or other, at least in the background of that faith.

Haven't you ever exercised this kind of faith that something was going to happen in your life or that some major thing was going to change? So you

held onto that faith, always hoping and believing that the miracle *could* occur. And then it didn't, and you were disappointed—only, deep inside, you really *knew* it wasn't going to happen anyway. Have you ever experienced that? Afterward, you might have told yourself you shouldn't have believed or exercised that faith because it just turned into a disappointment. You were right. This is why I'm telling you NOT to have faith. Let me explain…

One could argue that Jesus did powerful miracles (which some might call magick) using faith. Perhaps he did. If so, I think something was lost in the translation, because the faith people exercise today isn't the same thing. Jesus taught, "if you have faith and do not doubt," then you can do virtually anything. Do you see how this isn't the same thing that people are doing today? They aren't exercising that kind of *doubtless faith*—that *knowingness*—that yields great power. This type of faith, *devoid of doubt*, is not what people mean when they say, "Have faith." I think they mean, "Hope, believe, and maybe it will happen." Perhaps if God, angels, spirits, the Universe, or some other power finds favor with you, then your wish will be granted. There is no certainty in this. Hope is actually a mental concept that is linked to probability, so there is some degree of randomness in it. Hope will only bring satisfaction if that probability happens to come out on your side. When people hope, like when they have the weak kind of faith I'm describing, they know that there's still a good possibility that they won't get what they desire. They *believe* in disappointment.

So I don't teach you to "have faith" when you work magick, because I understand that faith is coupled with some degree of doubt. If you're practicing magick and you're still struggling to have faith in it, then you're missing a key ingredient to getting that magick to work for you in powerful ways. Instead of having faith, I teach you to *feel* out what you are creating, and then *know* it is so. These are more subconscious processes. And when the subconscious feels something and believes it to be so, it is like it *knows* it to be so. And then it just makes it that way. This can be so simple, even effortless! There's no rational, logical thought that has to get in the way of this process, and that's the beauty of it.

Take a look within your own mind at the difference you perceive between "having faith" and "knowing." Think of a situation where you exercised *faith* that something would come about that didn't actually happen. Do you see the doubt that you had behind that faith? Perhaps you even *knew* it wasn't going

to happen even though you were *trying* to exercise the best faith you could. Now think of a situation where you *knew* something was going to happen and then it did. When it did, it didn't take you by surprise, did it? Instead, you had a realization that you already knew that it would occur—you fully expected it.

If you were completely aware of what's going on deep within your mind in all of these situations, the difference between *faith* and *knowing* would be quite obvious. The more subconscious these feelings are (the more hidden from your awareness), the more certain are the results of those feelings. So just how does the subconscious mind have the ability to alter reality so powerfully?

The Power Of Observation

We live in a Universe made up of matter and energy that continually interact in an infinitely complex manner. Everything you see, know, or experience is composed of matter and energy. Even your thoughts, emotions, and feelings are a kind of energy. We cannot see these things, but we can observe their effects. According to modern physics, matter itself is also just energy, tightly bound up in a little package. So, basically, all the "stuff" in the Universe is just energy! The difference is in how that "stuff" is organized.

Not only this, but most types of energy are invisible. The force of gravity, the energy of momentum or motion, heat or kinetic energy, the pull of a magnetic field—these are all invisible. Many scientists today believe that most of the matter and energy in the Universe is not visible to us.

The rabbit hole goes deeper than that. The science you were probably taught in school is based on classical physics and mechanics (Newton's laws and such). The ideas of classical mechanics are sensible and logical: *Matter is substance. It takes up space. It exists in a given space at a given time. It cannot exist in multiple places at once. Two particles of matter cannot occupy the same space at the same time.* And so on.

These concepts were comforting to people for a long time. But then, about a hundred years ago, quantum physics was born. Scientists were studying the tiniest of particles—photons (particles of light), electrons (particles of electricity), and the nuclei of atoms (particles of matter). What they found

was astounding. They determined that nothing was really solid. All these "particles" weren't really particles. They were waves—or in other words, vibrating energy. Through tedious and elaborate experiments, they found that the solid nature we thought we lived in is really just an infinite complexity of highly-structured energy fields interacting with each other. Nothing was really solid. *Nothing*.

Since then, physicists have studied this "wave-particle duality" of nature over and over again. They found that it applied not only to energy but also to matter. Not only was light (a photon) both a wave and a particle at the same time, but so was the proton that existed in the nucleus of an atom. And through varied experimentation, they found that particles seem to "choose" when to behave as a wave and when to act like a particle. This has stumped the world's scientists to the present day!

What I want to focus on here is the nature of the wave-like form of matter and energy. You see, it is a "probability wave." This means that it doesn't really exist in any particular place at a given time. It's in a *range* of space, with *different probabilities* of it being in one place or another within that range. For example, a single electron isn't just a tiny dot circling around an atom really fast. It's more like a blur of energy—10% of it over here in this section, 5% over there, and 20% of it on the other side. Nearby particles, existing in a wave state, can also be in the same range of space, also in a probability field. So, another electron may be in the same range of space as the first one, 5% of it here and 10% of it there. At any given location, both electrons might be present, to a greater or lesser degree.

Why is this important? Because in the realm of quantum physics, we see that all the supposed "rules" of reality have been broken: *Matter is energy, not solid substance. It doesn't really take up space but can exist in a range of space at any given time. It can exist in multiple places at once. And, two particles of matter can occupy the same space at the same time.*

When physicists measured a particle, such as an electron, using certain experimental apparatus, they found that its wave-like nature was revealed, showing that a smaller percentage of it is in one range and a larger percentage in another range. It appeared as light and dark bands in a wave-like pattern. But when they measured the same particles using different apparatus, such as a device designed to measure a particle passing through a single opening,

they found that it clearly behaved like a particle—only in one place at one time. What made the difference was how they "looked" at it. When the electron (or photon or other particle) was *observed*, it changed its behavior—and this changed the outcome of the experiment.

Here's the important bit: Scientists found that what triggered a particle to change from a wave of probabilities to appear as a solid particle at a certain location in space was *the observation of it*. The fact that they measured it changed its behavior. The experiment itself caused a change in the results of the experiment. So that electron we were talking about that is 5% here and 10% there, when observed a certain way, was suddenly all in one spot, neat and clean as a particle ought to be. And then when observed differently, it appeared as a wave again.

This concept is the core scientific principle behind Mind Magic. And I believe it's ultimately the core principle behind all magick. It is what modern physics calls the "quantum observer effect." This basically says that the observation of any given experiment will alter the outcome of that experiment. It is a core concept in quantum physics and one which has caused a great deal of controversy in the interpretation of quantum experiments. Scientists are still arguing over the "measurement problem" of experiments done nearly a hundred years ago. The reason for these arguments likely stems from the fact that many scientists cannot come to grips with the idea that the observance of reality alters that reality. Regardless of their arguments, it *is* their observance that causes these "probability waves" of vibrating energy to *collapse* into seemingly solid particles.

Based on the quantum observer effect, I will make this bold statement: Your observation of the matter and energy around you causes it to collapse from an *energy wave state* to the *seemingly solid reality* that you perceive it to be. Maintain that observation, and you maintain the state of things. Change it, and you change the state of things. I could go on and on about this concept. I could explain it in great detail. I could even write a whole book about it! But all that detail isn't necessary here. There are two things I want you to get out of this: First, that none of the reality around you is as solid as it seems. It's all just made of waves of vibrating energy, very highly organized into the patterns we perceive. And second, that how you observe something actually changes what it is. Attempts have been made over and over again to disprove this idea, but the results keep showing it to be true. We live in a Universe

where reality is flexible, changeable, moldable—based upon how it is *observed*.

So let's talk about what "observance" means. When you look at something, whether it's an object, another person, an idea in your mind, or a situation you are faced with—that is, when you *observe reality*—what is actually happening? It is your consciousness, your intelligence, that is actually examining reality and taking some kind of "measurement" of things.

And what is that intelligence? What is your conscious awareness? It's not something you can touch. It's hard to even visualize it as a form of energy. We don't really know what it's made of or how it functions. We just know that it's there, and we call it "mind." Your own awareness of yourself is enough to validate the existence of your consciousness. We don't have to understand what it is. We just know that you are a conscious and intelligent being. We know that it is that intelligence, that consciousness, that does the *observing*. And we know that *observation* has the power to alter the matter and energy that it observes. This is what we call "magick."

What makes it magick? **Magick is when the *observance* of reality *changes* that reality.** Most of the time, as people go about living their lives in routine fashion, the quantum observer effect is negligible—it's effect is so small that they don't notice it. What makes it magick is when you deliberately utilize the *observance* of reality to *alter* that reality. In this case, the observation alone becomes a cause for change. In this way, you are using your mind to create a change in your reality.

It is common knowledge that everything happening around us is the result of *cause and effect*. One thing causes something else, which causes something else, and so on. We understand that everything present and happening in the world today is the result of a combination of all past causes in the world. Likewise, we imagine that anything that happens in the future will be a result of causes in the present and onward. This makes sense. This idea is embedded deep within our subconscious minds. We believe it is true. But sometimes this idea impedes our progress. For example, you may wish for something (perhaps a better job or more money), but you fully expect that *something* must happen that would be the cause of the desired change.

Now imagine if the cause could be the power of observation itself! Imagine if the quantum observer effect could become the cause for the changes you

desire. It certainly can. To quote Yoda again, "You must unlearn what you have learned." Exercising this power of observation *as the cause itself* is what differentiates the real magician from everyone else. The magician is still using the natural law of cause and effect, but is creating the desired effect by using magick as the cause.

From one perspective, I can say that you work magick all the time. You just don't consider it magick. You got out of bed this morning. You thought about it. You willed it. And you did it. Your mind, your consciousness, invoked your body to act. This is a simple example of intelligence ruling over matter and directing it. I know, it's a common example, and most wouldn't consider that magickal. But it is. Life itself is magickal! There are just some things you are so used to that they've become common. What we're going to do with Mind Magic is expand the ability you *already have* of moving your body with your mind to making other changes to your environment with just your mind.

In this section, we have considered that the Universe consists of an infinite complexity of highly-organized energy (including matter). This means that all material substance in the whole Universe is just energy plus the complex structure of that energy. Now consider that it is the intelligence which possesses that matter and energy that directs it, structures it, and influences how it will appear. This concept that intelligence helps to organize, instruct, and influence the energy of the Universe is what I call "Creation." At its barest roots, Creation is just intelligence helping to structure the energy of the Universe a little more than it was before.

Now I'm not going to get into how it all began and how life started, but suffice it to say that I don't believe that the organization of the Universe, the construction of our world, or the Creation of life itself was a one-time occurrence. I believe that the intelligence that exists in the Universe (whether as individuals or as the Universe itself) is continually organizing matter and energy into more and more complex structures. You can call that intelligence God. You can call it Goddess. You can call it Spirit. You can call it the All. Whatever you call it, the creation process is *ongoing*. Whether it's done consciously or unconsciously, intelligence is always busy organizing the energy, the matter, the "stuff" of the Universe. And therefore our Universe is always increasing in structure, organization, and complexity. You can see this reflected in growth at any level—from the growing complexity of

technology, to the proliferation of life on our planet, and onward to the increasing organization of stars and galaxies throughout the Universe. Creation is *always* happening.

If you are going to work powerful reality-altering magick, you need to step into being a *creator*. You're going to take an active role in the conscious creation of a small part of our Universe. As practitioners of magick, we are co-creators with the Universe. We learn to utilize the conscious intelligence we've been given to further the organization of our world. This is in line with the creative principles of the Universe itself. Because of this, as you learn to create with magick, the Power of the Universe will be there to help you along the way. It is on your side. Trust that!

Possible Side-Effects Of Magick

As you proceed with practicing Mind Magic, be aware that there are possible side-effects that may come along with this magick. I'm not talking about headaches or nausea, although those are possibilities. I'm referring to things that could unintentionally happen as a result of working magick.

We've discussed the amazing power of your subconscious mind. You have the power to alter reality in fantastic ways. But if you aren't used to exercising that power, you may be surprised at some of the results as you practice Mind Magic. The power in your subconscious mind may have been lying dormant for all your life. Maybe your feelings and beliefs have been making changes around yourself for a long time without you realizing it. But once you start to deliberately exercise the power of your mind to alter your reality, you will start to see things happen. Sometimes those things are good, sometimes not so good.

Remember that your subconscious mind runs on feelings, memories, and deep beliefs. It isn't rational or reasonable. Your subconscious responds to your feelings. It doesn't judge whether or not those feelings are the most reasonable ones to have. It is always working to try to protect you, both physically and emotionally. However, sometimes it doesn't take the most logical steps to carry out that protection. Let me explain…

If you're familiar with how trauma works in the mind, you will know that there are a couple different ways the subconscious mind handles it. One of

those ways is to avoid anything that looks like the trauma, feels similar to it, or seems like it could lead to a similar experience. Let's say a boy hurt his head badly as a young child. As a result, unconsciously, he avoids any situation that might endanger his head. Perhaps he likes football, but he avoids playing because of possible head injury. He may not even want to ride on a rollercoaster because of the jerking motion it could cause to his head. In this case, the trauma prevents him from enjoying things he might have otherwise enjoyed.

The other way the subconscious can handle trauma is to cause the issue to arise over and over again in an attempt to get the conscious mind to deal with it. This is quite a common response to negative programming. Consider a woman who broke her left arm in a bicycle accident as a child. Since then, she tends to get hurt often in her left arm. She slams it in a car door, trips and falls on it, scrapes it, cuts it, sprains it. She even gets unexplained rashes on that arm at times. This is her subconscious mind bringing the trauma to her conscious attention so that she can heal from the underlying issue. If she keeps ignoring it, it will keep bringing it up. In both of these cases, if the person learns to emotionally process the past trauma, they can resolve their subconscious response and gain control over it.

I'm telling you this so that you can be aware that as you get deeper into magick, your mind may bring up any past issues that you still haven't dealt with or which are still affecting you subconsciously. These can create unexpected and sometimes undesirable effects. You can, of course, work out the issues so that you don't experience negative side-effects. In Chapter 15, I will provide you with some detailed guidance for how to uncover and resolve such hidden issues within your mind.

Your subconscious mind doesn't evaluate your feelings and beliefs in order to make a logical decision about how to best protect you. It's more intuitive and instinctive. It just creates what it "thinks" would be best for you based on how you feel about something. And it's power to create is amazing. Your subconscious mind knows no limitations. It just does things!

The side-effects of magick aren't always negative, of course, but I'm sure the positive ones won't bother you. Enjoy the positive outcomes and any side benefits of your magick. Give thanks for them. And learn to identify where any negative side-effects might have come from so that you can eliminate

them. As you fix emotional issues within yourself, you remove the hidden causes of negative outcomes. You will then get closer and closer to having only welcomed side-effects to your magick. Just imagine if all of the "accidents" you experienced were positive, useful, and beneficial.

As your conscious and subconscious get used to working together with Mind Magic, the results of your magick will become easier to control. When you experience a negative effect, identify where it came from (what the root feeling or belief was). Resolve the underlying issue and tell your subconscious, "Don't do this again." Affirm what it is you truly desire—what would really be best for you. Your subconscious mind is already trying to give you what it thinks is best, and it can certainly learn. When you experience positive side-effects, tell your subconscious, "Yes! Do this again!" As you get used to connecting those two parts of your brain so that they can communicate better, you will understand more and more how to control the subtle thoughts and feelings that are actually bringing about the changes in your reality.

Well, in this chapter, I've quoted both Yoda and Jesus. Now I'm going to end it by briefly telling you a story of some bizarre "accidental magick" I worked a couple of years ago. I told this story in more detail in my first book, so I will summarize it here.

I had developed two small skin cysts, one on each arm. They had been there for months and were starting to bother me. Not wanting to go to a doctor to have them removed, I obtained a small medical scalpel. They weren't deep, and I had the notion to carefully remove them myself. It would be a simple procedure, if I could only bring myself to do it. In the process of trying to psyche myself up for this, I imagined in great detail how I would use that scalpel to carefully remove the cysts. Note that I wasn't *trying* to work magick here. I was just preparing for the procedure and planning it out. Then I got busy for a few days and completely forgot about it. When I came across the scalpel several days later, I remembered that I still needed to do the procedure. When I looked at my arms, both cysts were completely gone without a trace. It was as if this little "surgery" had already been done and healed weeks ago. I couldn't even find the spots where the cysts had been.

Now, I could attribute this occurrence as a result of being used to working magick on a daily basis. My subconscious mind is used to carrying things out

in energetic ways. I certainly wasn't *trying*. And I believe that was actually a key to it. More on that later. In any case, it goes to show that the subconscious mind is incredibly powerful. As I said, it knows no limits. It just acts without reservation. Now let's move on to how to intentionally activate that subconscious power!

3. THE FOUR STEPS OF MIND MAGIC

I see and I feel
To observe what is real
And then when I know
I can freely let go

Summary Of Mind Magic

If you've read my first book, *Mind Magic for Beginners*, then this chapter will mostly be review for you. You should still read this chapter, as it is a good refresher of the basic steps. It's important that you have these steps down solidly before we move into the methodologies and magickal sessions.

Simply put, the four steps of Mind Magic are: See, Feel, Know, and Let Go. There are a lot of other steps you could take during the process of working magick. However, I've boiled the most important aspects of magick down to these four fundamental steps. The reason? It makes the working of Mind Magic less complicated. The less you have to remember, the more comfortable you will be with it and the easier it will be to work magick. Pretty much anyone can remember only four steps. So let's dive into them…

See It

The first step is to see what you desire to see. Of course, you need to know what it is that you actually desire first. I'm making the assumption that you already know what magick you are working—or at least what your purpose is in working the magick. So *see* it. In your mind's eye, see it as already complete. What would your reality look like if the magick was already done? That is what you should see. In this step, you are pushing your conscious mind to see what you desire to see at the forced exclusion of anything opposed to it or any negative that would prevent it from being so.

Be specific in the visualization of what you desire. The more specific you are, the more focused the observation energy that you are putting out. Remember the magick I worked to have someone randomly hand me a pen? The "random" quality of that was an important piece. I didn't want someone to hand me a pen because I asked them for it or because I needed to sign something. I was looking for a random event, which meant it was probably going to be pretty weird. I had deliberately left out who would hand me a pen in order to leave more options open for the outcome. My son had been going through a bin of his old stuff when he found the pen he handed me. It would seem far more likely that he would bring me any number of odd items to ask me what to do with them. Instead, he just brought me a pen—and in quite an unusual fashion. Strange as it was, it fit the bill of the magick I had just worked. So be specific about any important aspects of the outcome you are looking for.

For some people, seeing a different reality may seem too difficult. For example, how are you supposed to see a negative situation as a positive one? The problem here lies in the idea that the reality you are seeing is "set in stone." Nothing could be further from the truth! Your reality is ever in motion, always changing. Even though it may look the same to you every day, consider that your perception of it may be what is holding it in that state.

When you make an effort to see the new, desired reality, close your eyes if it helps. As you see what you have chosen, take a good, close look at it in your mind's eye. Scan all around the different aspects of what it looks like. Your eyes may move around even though they are closed. This is good, as it helps to convince your mind that you are actually *seeing* it.

If you truly have a difficult time seeing anything with your eyes closed, then you may not be a visual person. You may be what is called auditory—that is, someone who emotionally interacts more with sounds than with sights. If this describes you, then instead of "seeing" the new reality, imagine what you that reality would *sound* like. What would you hear?

If neither of these work well for you, then you may be more kinesthetic—that is, a person who relates more directly to their physical feelings, rather than to sight or sound. Most people are either visual or auditory, but if you think you are dominantly kinesthetic, do this: Instead of "seeing" the new reality, pretend that it's already that way. What does that *feel* like in your physical

body? Focus on that. If you truly are kinesthetic, then this will likely be a benefit to you in the area of magick. Why? Because most people are using visualization to inspire their feelings so that they can more easily *feel* the desired reality. If you associate your reality more with your physical feelings to begin with, then getting to the deeper *feeling* part of the magick will be easier for you.

Maybe you *can* visualize, but it's still a struggle for you to see something *different*. If that describes you, then here is a visualization that will help you: Imagine that you could zoom in with your eyes until you saw the very atoms that made up the reality around you. You see electrons spinning all around and holding those atoms together. You see atoms forming molecules. Each of those molecules is moving, bouncing off of one another. Everything is vibrating. Nothing is solid. It's all in motion! Every particle, every atom, is changing from moment to moment. If a scientist were to use an electron microscope to take a picture of every particle of your reality at this moment, the act of taking that picture would cause all those particles to appear static—in one position, one configuration. Another picture taken a fraction of a second later would reveal the same particles in a slightly different position and configuration. Use this concept as you work to "see" your new reality. The old reality is just a snapshot of something that's changing *every moment*. It can be gone and changed into something else in the next instant.

Another powerful trick is to drop the focus you have on your current reality. Have you ever used a camera with a manual focus? If you have the camera sharply focused on something, and then you change the focus, it all blurs out. Make your current reality "blur out" in your mind. Don't see it anymore. Then, in your mind's eye, focus on the new reality—that which you desire.

I know these concepts may seem counter-intuitive, as they go against the way you are *used* to seeing reality. What did you expect with magick? Is it natural for you to work magick automatically? I didn't think so. For most, it's a skill we need to learn. This is the path to learning it. The practitioner of magick has come to understand how to "see" (perceive) reality the way he or she *chooses* to see it, not as it may presently appear. They know that a good portion of that perceived reality is just illusion anyway—an illusion sustained by the unconscious gazes of themselves and others—an illusion they know they can play with, mold, and alter to suit their purposes.

So do it! Look at your reality. Set aside what it may presently look like to you. Decide to *see* it as you *desire* to see it. That's the first step.

Feel It

The next step in the process of Mind Magic is to *feel* it. Take the image of the reality that you desire—the reality that you got yourself to *see* (or sense in some other way)—and let yourself *feel* what it is like to experience that reality fully.

For the feeling part, you can use any senses that are pertinent. You can feel what it's like in your body to experience the new reality, or you can just feel the intangible emotions that the new reality brings up from deep within. Even better would be a combination of physical and emotional feelings. For an added kick, include taste, smell, texture, temperature, or anything else relevant to what you are creating. For example, if you are working magick to create a skiing trip in your future, imagine all the feelings of the cold wind hitting you as you cruise down the mountain.

The point here is that you are taking the vision of your desire and engaging your subconscious mind—where your feelings live. The *seeing* step is more conscious, while the *feeling* step connects that vision to the subconscious. This crossover of the conscious and subconscious minds is quite powerful for working magick. By forcibly controlling your feelings, you are teasing the quantum observer effect. It is like you are opening up a portal to another realm where the desired outcome has already occurred.

If you are struggling to *feel* something because your mind keeps telling you that it isn't true or it just can't be, then consider this: Your feelings are not "truth"! That may seem a harsh statement to some, but it's quite useful if you're going to learn powerful magick. Realize that your feelings are just *your perception*. From one perspective, they aren't really real. From another perspective, they are more real than your physical reality is. How is this possible? Because your feelings are both what you experience and how you interpret what you experience. And each of us interprets what we experience as our "actual" reality. For example: If you were to be suddenly plopped into a life of tremendous wealth with a gorgeous multi-million dollar estate and millions more in the bank but at the same time all your loved ones, family,

and friends had deserted you, you would probably be pretty miserable. Why? Because your reality is not really what's going on around you. It's what's going on *inside* of you—in the realm of your *feelings*.

What you experience in your reality influences your inner feelings. Most people are aware of this natural tendency. What they are not aware of is the other direction—that your reality is influenced by your strong feelings. This is a natural feedback loop that most people experience frequently without even realizing it. (See Figure 3.1)

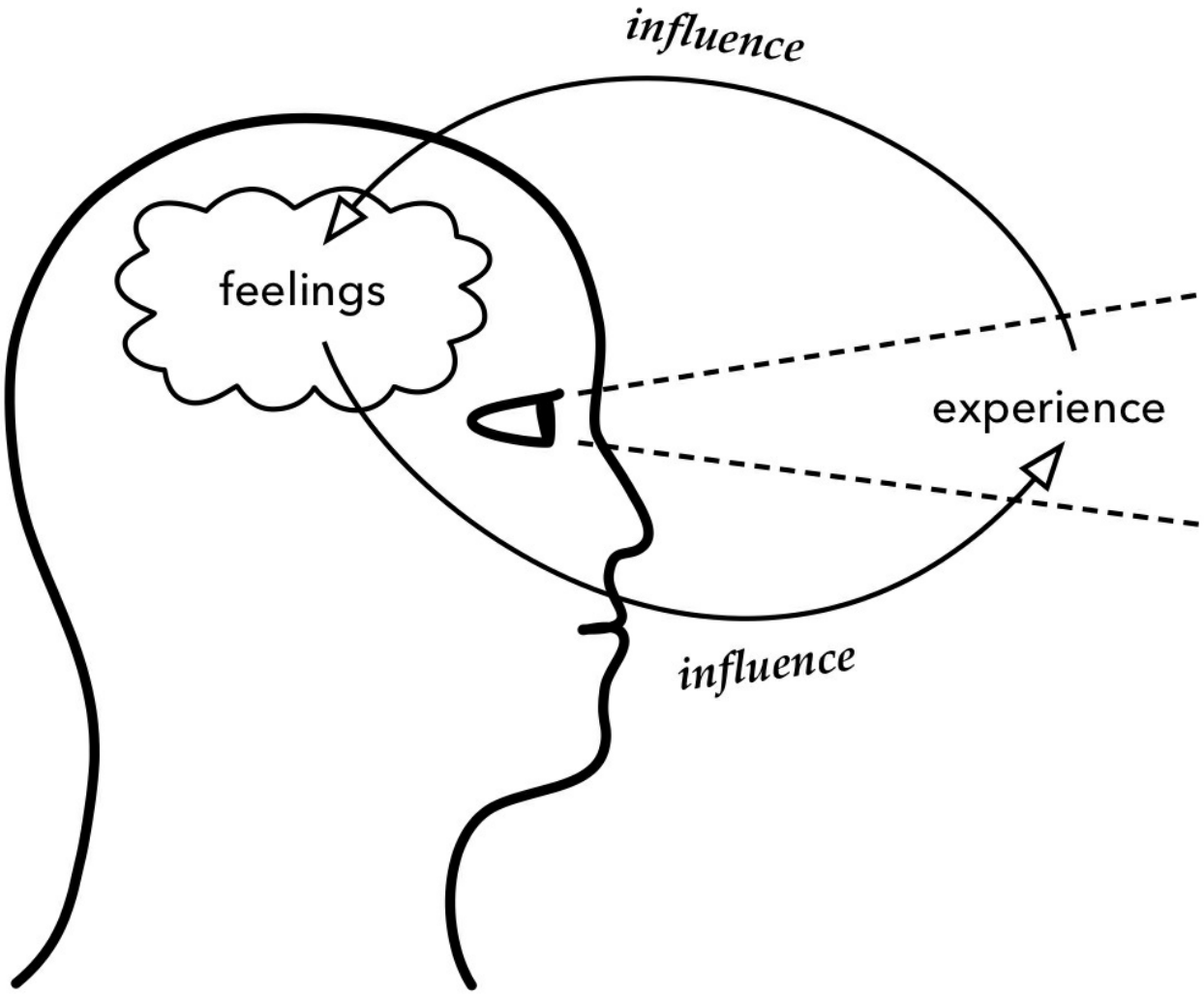


Figure 3.1 — Natural feedback loop of feelings

For example, a difficult situation may create stressful feelings. These feelings then help to create more stressful situations. This can sometimes spiral out of

control. However, this is actually tremendously good news for those who practice magick. Why? Because you can break out of that cycle! Learn to control your feelings, and you can control the reality you experience every day. Deliberately taking control of your feelings for the purpose of creating reality interrupts the natural feedback loop to take charge of the direction it is going. (See Figure 3.2)

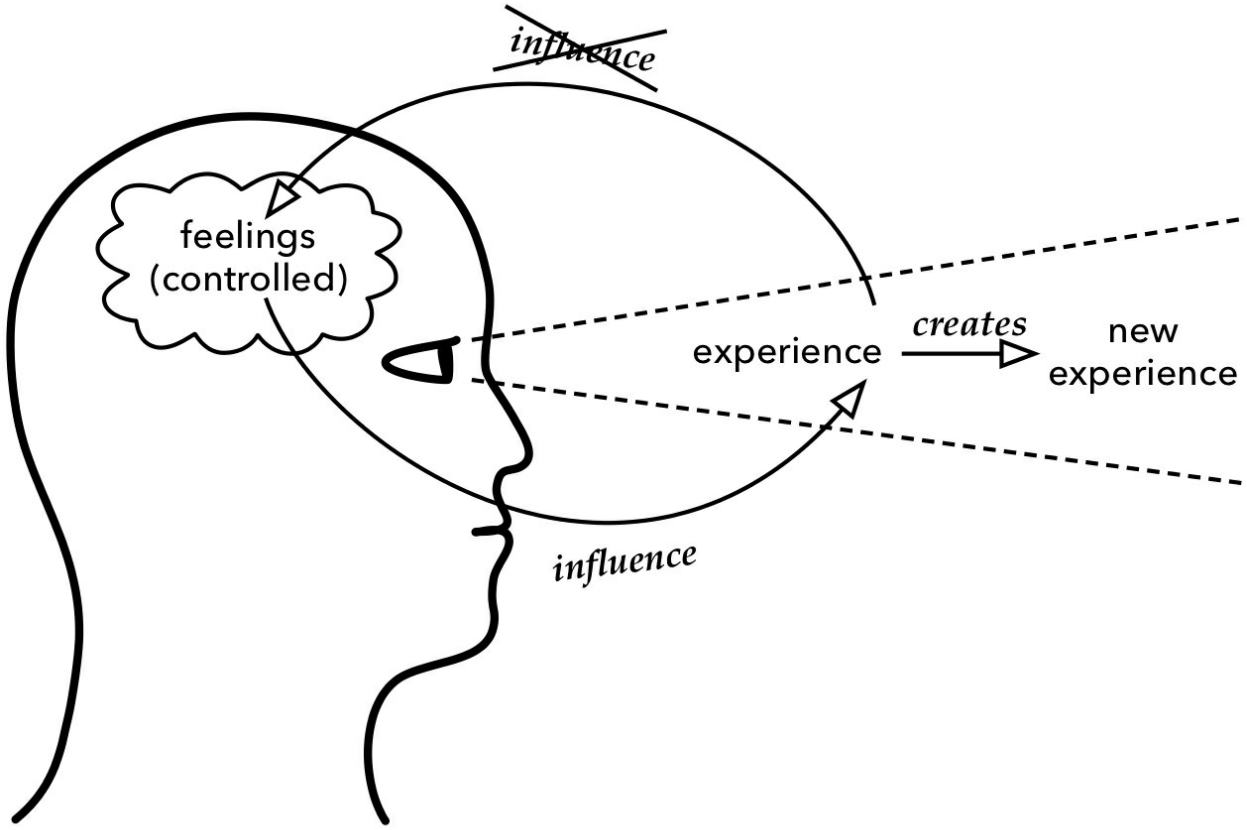


Figure 3.2 — Breaking out of the natural feedback loop of feelings in order to create reality

Now consider that same difficult situation. Instead of allowing it to create stressful feelings, imagine that you controlled your feelings and decided to feel complete peace about whatever was going on. You would be surprised how quickly any stress dissolves in the presence of your controlled feelings of peace.

This really works. Believe me. I know. I used to be quite an unhappy person, characterized by intense stress practically every day. When I first learned

magick many years ago, one of the hardest things I had to face was the realization that I had been creating my own unhappy reality. Though it was a difficult pill, I swallowed it. And when I did, a new determination came up in me. It was that I would learn how to control my own feelings and create a life of happy experiences—the life I truly wanted to live.

Of course, you don't *always* need to be willfully controlling your feelings. If the experience you are presently having is creating positive feelings in you, you will want to encourage that natural feedback loop in order to strengthen those positive feelings. That will just enhance the experience so that it is even more positive and enjoyable.

If you are still struggling to figure out how you can actually control your feelings in order to break out of a negative cycle, then here is an awesome trick: As you did in the *seeing* step, allow your focus on your current feelings (the ones that have to do with how you are currently seeing your reality) to "blur out." Let those feelings become indistinct. This sets them aside. Once they are out of the way, bring your focus onto the feelings you desire to have —the ones that relate to the reality you are creating.

Another trick is to process the *feelings* step in two parts: First, picture yourself already experiencing the new reality. Imagine how that picture of yourself must feel in that setting. Then, step into that picture of yourself in your mind. You are now that self, experiencing that reality firsthand. Feel strongly what that is like.

Some think that you can't just *decide* to control your feelings. I'm telling you that you certainly can. We live in a culture of blame. "He made me feel this way." "She made me feel that way." Don't buy into it. While statements like these may often be true, there is a weakness in blaming others that isn't becoming of the magician. When you blame someone else, you are allowing them to control you and your life. Don't let others control how you feel! *You control you,* including your feelings.

So don't be afraid to step out of the box that the rest of the world is in and **decide to control how you feel**. Step one of working Mind Magic is to *see* what you desire to see. Step two is to *feel* what it's like to experience the fulfillment of that desire. This means you must learn to control your inner feelings. As you see the fulfillment of the magick in your mind's eye, examine what feelings come up as a result. Go deep inside your mind and

bring those feelings up. Strengthen them. Make them dominant. You can do this! I know you can.

Know It

The next step is to *know* that the new reality (the one you are creating) is already so. This is not faith. It is not believing in it. This is a powerful observation of reality as already being the way you desire it to be. This knowledge is both conscious and subconscious. It is a clear realization that what you are *seeing* and *feeling* is what you already have. It is the simple *knowledge* of that—without fret, without fuss, without any stress or tension, and without any "trying" to make it so.

Think about it. When you really know something is a certain way, do you have any fear, stress, or tension that it will be that way? No, of course not! Why? Because it already is like that! You also aren't trying to make it any certain way. Knowing that something is already done—when you really *know* it—is so powerful.

I realize that this is simple to say but not so simple to carry out. This may be what differentiates between the person who is working powerful magick right and left and the person who is just trying it out. The one who *knows* isn't "trying."

Remember, the subconscious mind is not logical or reasonable. It doesn't try to sort things out like your conscious awareness does. It just *perceives*. It often doesn't even distinguish between what is real or what is imaginary. It just responds to its own perception of reality in a manner that's normally beyond your conscious control. Sometimes the response of your subconscious mind is the perception itself—the action of making a solid *observation*. And through a deep unconscious link to the Universe, it has access to the Power of the Universe. In the *knowing* step, all we are doing is tying in your conscious mind so that you can exercise conscious control over that power. **This is the core of magick.**

Your subconscious says, "Oh, this is absolutely true. This *is* how it *is*. This is not just a belief. I *know* this." This is normal for your subconscious mind. This is happening all the time whether you realize it or not. And the Universe just responds, "Oh. It is that way? Okay." Then it is so. Magick is the practice

of getting in between this process and inserting what is consciously desired, overriding the automatic subconscious programming that may have been running your life up to this point.

Knowing is the key step to Mind Magic. It is the combined conscious and subconscious act of *observing* your reality. Think about something that you actually *know*. When you know something, you are convinced of it both consciously and subconsciously. *There is no doubt.* You don't question the reality of it. You don't even think about it. You just take it for granted. It is so, and that's that. Think of the common chair example. You know your chair will hold you up. You've sat in it hundreds of times. You don't approach it with caution, dismay, fear, or doubt. You just sit down, completely confident that it will support you. This is the place I want you to get to for working Mind Magic. Get to the point in working magick where you are absolutely certain and sure, and then your magick will be certain and sure.

Put another way, consider any given situation, circumstance, or "thing" that you are using magick to alter in some way. That "thing" has a given set of energy that makes up its reality. And, according to modern science, that energy is just a highly-complex arrangement of billions upon billions of particles (both matter and energy), and each of those particles is really just a probability cloud of possible manifestations. In normal circumstances, when you aren't working magick, your observation (and the observation of others) places a small amount of influence on those particles in that set of energy. Such observances might make a slight difference in how the situation tends to manifest at any given moment. But when you step into the power of *knowing*, you cause the quantum observer effect to become dominant in the configuration of that energy. Now it is like you are playing with that cloud of energy, molding it and making it as you desire it to be. Your influence has become dominant, and the magick is then easy to do.

If you can convince your subconscious mind that you *know* that reality is a certain way, then the process of creation is really quite simple. When the Power of the Universe kicks in, it's automatic. It's effortless. And of course it's magickal!

Know that you have what you desire. Knowing is key. Not believing. Not having faith. *Knowing*. Get good at controlling your feelings to the point of knowledge, and you will enable yourself to work powerful Mind Magic. The

stronger your feelings and the more certain your knowledge, the more certain will be the outcome of your magick.

Let It Go

Ah, the final step: *Just let go!* It sounds so simple, but it is really? First, let's discuss what it means to let go and why it's important. In the previous section, I just told you that knowing is the key step to Mind Magic—and it is. The *seeing* and *feeling* steps are just working you up to the *knowing* step. *Letting go* helps to solidify the certainty of what you know. Let me explain…

We all have "attachments"—things we hold onto. Whether it's people you love, your health, your job, your money, your belongings, what people think of you, or any other material or immaterial thing, if you are clinging to it in any fashion, it's an attachment. If you look closely at any attachments you have, peeling back the layers of perfectly valid arguments that your ego may have about them, you will find that there is some degree of tension associated with each one of them. Letting go means releasing the emotional tension that is holding onto your attachments.

The "let it go" step is critical to working magick because it detaches the emotional force you are putting into it. Put another way, it releases the struggle. Releasing any attachments related to the magick you are working also enables your subconscious mind to really deeply *know* that the new reality you are creating is in fact your reality. So it's a follow-up to the *knowing* step.

When you *let go*, you no longer care to force anything. The struggle to create anything dissolves. The beauty of this is that when you do this *letting go* in combination with the other steps of Mind Magic, it has tremendous power to kick the creation process into high gear.

Have you ever had the experience where you want something to happen so badly? You are focusing on it, focusing on it, focusing on it—anxious for a certain outcome or a certain thing to happen—until it about drives you crazy. Then it doesn't happen, so you have this feeling of giving up. You let go of the tension you had about it (pretty much accidentally), and then suddenly the thing you wanted comes about? I'm pretty sure you can relate, as most of us have had experiences like this. Sometimes it can be quite dramatic: "I gave

up on this, and then it was handed to me." But it's not the giving up, per se. It's the *letting go*. That feeling of giving up often includes a release of the pressure that was associated with the thing desired. And that release, with the prior focused attention given to it, triggers it to just happen.

Some have become frustrated with these kinds of experiences. "I can't believe I finally gave up on what I wanted, and here it is!" They seem annoyed, almost as if the Universe is just toying with them. It's not. It's actually running smoothly according to the natural laws that are in place. Magick is just a way to engage with those laws in a wiser fashion. The Universe would have provided the desired thing earlier, except that this attachment, this emotional pressure of holding onto it tightly, was in the way. Once it's removed, the energy that was there, waiting to act, suddenly springs into motion. This is a beautiful thing, especially when you understand how to directly engage your mind with these laws of creation.

So why do we form such strong attachments to things? Attachments are often formed around deep inner fears. If you fear that you need to hold onto something tightly or else you will lose it, it's likely that the fear has created an attachment to those things. You may have fears about changing your reality—even in the way you desire to—due to a fear of the unknown. These mental structures can form attachments. You may even have attachments to your reality staying the same, and so you attempt to change it without even realizing you're stuck on it staying the same. Attachments tend to hold your present reality firmly in place. Of course, this is not what you want for working magick. You desire change! Otherwise, you probably wouldn't be reading this book.

In order to work effective Mind Magic, you will want to release anything you are holding onto on either side of what you desire. If you badly want to change something, let go of that. If something inside you wants things to remain the same, let go of that, too. Release the emotional tension associated with the magick you are working, whether it's for it or against it. In this way, you've removed the unseen forces that are holding things in their current pattern, freeing up the energy field you are working with to be reconfigured into something new.

So just how do you let go of these attachments? There are a lot of tricks to doing this effectively which I will share with you later. I have devoted an

entire chapter of this book to the practice of detachment and the power of releasing attachments. You have to stop caring so much whether something changes or not. Put your mental powers into *visualizing it, feeling it, knowing it,* and then don't care if it really happens. This is *letting it go.*

When you let go effectively while working Mind Magic, you will feel a sudden increase in your ability to see, feel, and know that the magick is already done. It solidifies the *knowing* step in a powerful way! Often, the process of *releasing* can be the trigger for all the other steps of your magick to "kick in." Many times, when I get to *letting go,* I feel a rush in my brain or a wave of energy that can throw me off balance or even knock me to the floor if I'm standing. Be aware that this could be a side effect for you when you let go. I sometimes use that off-balance feeling as a gauge to determine whether or not I let go of my desire sufficiently. I have associated that feeling with my connection to the Universe as a confirmation that the magick I am working is being effective.

Why is *letting go* so powerful? Think about it this way: When you truly know something is a certain way, there is a power there to simply make it that way. If you truly *knew* it, you would no longer be concerned about it. You wouldn't care. You wouldn't try. You wouldn't be struggling to make anything happen or change anything. It would just *be*.

Attachments get in the way of this, almost like they are holding back that power. If you are still holding onto to something related to the magick you are working, then you don't truly *know* that it's done. When these attachments are removed, however, that power is free to flow—so it flows suddenly. This is awesome to experience. I want you to experience this rush of energy, as I believe it means that you have just altered reality using the quantum observer effect and the steps of Mind Magic as I've explained them. It doesn't necessarily mean that the exact thing you were working magick for is or will be done exactly as you decided it would be. There could still be hidden attachments, feelings, uncertainties, fears, or other things in the way. But when you feel that wave of energy, know that *some aspect* of that reality has just changed. If it wasn't enough of a change for you, keep working with it.

The *letting go* step is critically important to working Mind Magic, but truthfully it's only there to get you more fully engrossed into the *knowing*

step. When you *see* something clearly, you *feel* that it is so, and then you *know* that it is so, all that's left is what you're still holding onto. That holding on is part of a different reality, the old reality—not the one you are creating. *Letting go* helps you make your thoughts and feelings consistent with the reality you are creating. Once you are fully consistent with that new reality, consciously and subconsciously, the Power of the Universe and it's built-in quantum observer effect become dominant to cause you to experience externally that which you are already experiencing internally. It's quite simple.

Let me give you an analogy, and then we'll move on to a practice exercise. Consider the four steps of Mind Magic as a dam. The first step, "see it," builds the frame of the dam. It creates the structure, determines what it's shape will be, how big it will be, where it will be. The second step, "feel it," fills that frame with steel and concrete, solidifying it into a solid dam. The third step, "know it," fills the reservoir behind the dam with water. The more you know that the new reality is so, the higher the water is in the dam. The *seeing* and *feeling* are supporting that *knowing*. The fourth step, "let it go," is where the dam breaks. And when that dam breaks, all the *knowing* flows out suddenly, bringing about the change that was created. There is no more effort to see it or feel it. The knowledge has taken over.

Magickal Practice: The Four Steps

For this exercise, go somewhere quiet where you can be alone. Whether it's indoors or outdoors, choose a place where you can be at peace and undisturbed. Silence your phone and do what you can to prevent any interruptions. This is a good idea to do anytime you are working magick. Now choose something that you desire. It may be something you want to accomplish, something you want to happen, or something you acquire. It could be anything you desire, really—just choose something small that you believe could happen. I recommend that you start small in order to build up your confidence in your own power and ability to work magick. By degrees, you will become more confident in the magick and in your ability to use it.

Once you have the reality in your mind that you are choosing to create, see it clearly in your mind's eye. Close your eyes if it helps. *Visualize* it in as much detail as you can. If you are more auditory, then hear in your mind whatever sounds or voices would correlate to the new reality. As you do this, if any

negatives come into your mind, any doubts or even just pictures of the current reality, gently push them out. Tell them "No" or "Not right now"—whatever it takes to remove them from your mind just long enough to work the magick.

Now that you have a clear picture of your desire in your mind, the next step is to feel what it is like to actually have that desire fulfilled. Imagine what it would *feel* like. Use as many senses as would apply to the reality you are creating. Sight, hearing, touch, intangible emotions, even smell and taste. If you find it difficult to deeply feel what that fulfillment would be like, then just create an image in your mind of yourself experiencing it. See if you can tell what that self in your mind is feeling about it, then step into that vision of yourself so that you are experiencing those feelings firsthand. Once you have a good grasp of what the new reality *feels* like, strengthen and intensify those feelings as much as you can. Increase them until they are solid and untarnished.

While you are still feeling those strong feelings, shift into the next step—*knowing*. Allow those feelings to sink into your soul—deeper and deeper—until you *know* you are experiencing the new reality you are creating. Take this to the point where it's no longer something you desire—it's something you have. It is already created. It has already happened. Convince yourself that it's happening now or that it already is real. If any negatives come into your mind at this point, any doubts or pictures of an opposing reality, cast them aside in your mind, even if just temporarily. You don't have to permanently remove all negatives right now, and you know how to set something aside just for the moment. So disregard any contrary feelings, thoughts, or visions until you can finish working the magick through the final step. Stay focused on the strong feelings of the new reality and the deep knowledge that what you at first simply desired, you now already have.

This is the point at which you want to *let go*. Detach from any need for the new reality, any pressure or strain to make it so, any fear that it won't be so, any trying to change things, and any other attachment that may come to the surface in this moment. Breathe out audibly as you feel yourself letting go of these things. Just completely let go of it all and allow the new reality to simply *be*. You don't have to force anything. Just breathe out, release, relax, and *let go*. Of course you don't *need* it—you already *have* it! Release any tension about the reality you are creating until you see that it would be a

ridiculous notion for you to need something that you already have! Knowing that it's already so allows you to easily let go of it. And letting go of it strengthens the knowledge that it is already done.

It's done! Clear your mind, forget about working any more magick, and just go on with the rest of your day. You may find later on that the thing you had desired has already happened, or it simply happens so easily and naturally when you weren't even thinking about it any more. This is magick!

Taking It Further

You've learned the four steps of Mind Magic. You've gotten a taste of using them to work some magick. But these are just the four basic steps. We're going to take it further—much further. We're going to give form and structure to the magick. You will learn to use your mind-body connection to engage the Mind Magic methodologies to structure the magick you want to work. You'll learn to play with reality, adding to, removing from, and modifying it in as much detail as you like. And these four basic steps will be the underlying foundation to everything you do with those methodologies.

There is still a lot more to learn, so keep going! You're going to learn what you can do to better prepare yourself for working magick. You're going to learn how to carry out a Mind Magic "session." And you're going to learn what you can do after you have worked your magick to improve your rate of success and sharpen your magickal skills.

So let's go…

4. PRACTICAL METHODOLOGIES

> *To become conscious of this power is to become a live wire.*
>
> —Charles F. Haanel

Activating Magickal Energy

You're reading this book so that you can learn how to actually alter reality using Mind Magic. I've reviewed the four basic steps, which are all done in your mind. But how do you "activate" the magick? We're going to discuss some keys for doing this.

Remember that everything is energy. Every person and object in the physical realm is composed of a given set of energy. Even relationships, conditions, situations, and abstract ideas like stress or pleasure are composed of energy. To change any of these things with magick, you would interact with the set of energy that it's composed of. You can play with that energy field, choosing to see it differently and thereby altering it this way or that way, using just your observation.

But there's a more powerful way to work magick besides just using your mind. It's by engaging the amazing mind-body connection that already exists in your brain. Whatever you do in your body is controlled by your mind. Even unconscious and uncontrolled actions like the beating of your heart, your digestion, your breathing, and many other processes are automatically controlled by your *subconscious* mind. When you decide to stand up, sit down, lie down, walk, run, pick something up, or whatever, you are making the decision first in your *conscious* mind. You are telling your body what to do, and it is simply following along. You therefore *already have* a strong conscious connection between deciding to do something with your body in the physical and having it simply obey. And your subconscious mind already has a strong connection between it's "decisions" to protect and take care of you and the automatic physical processes in your body.

As you can see, the mind-body connection is already very strong, both

consciously and subconsciously. And arguably the strongest connection is in your hands. Your hands are so versatile! You can do hundreds, even thousands, of different tasks with your hands. You simply instruct them with your conscious decisions, and—*viola!*—they obey. Not only this, but your hands also have a strong link to your subconscious. Think of how many tasks you do with your hands that you don't have to actively think about. Typing, texting, catching, grabbing, and throwing are some common examples of unconscious actions you do with your hands. While these tasks may involve a small amount of conscious control, most of the skill in your hands in *subconscious*. Wait a minute!—tremendous subconscious skill directed by conscious decisions? Yes, indeed! This awesome quality makes your hands the perfect tools for activating powerful magick! (See Figure 4.1)

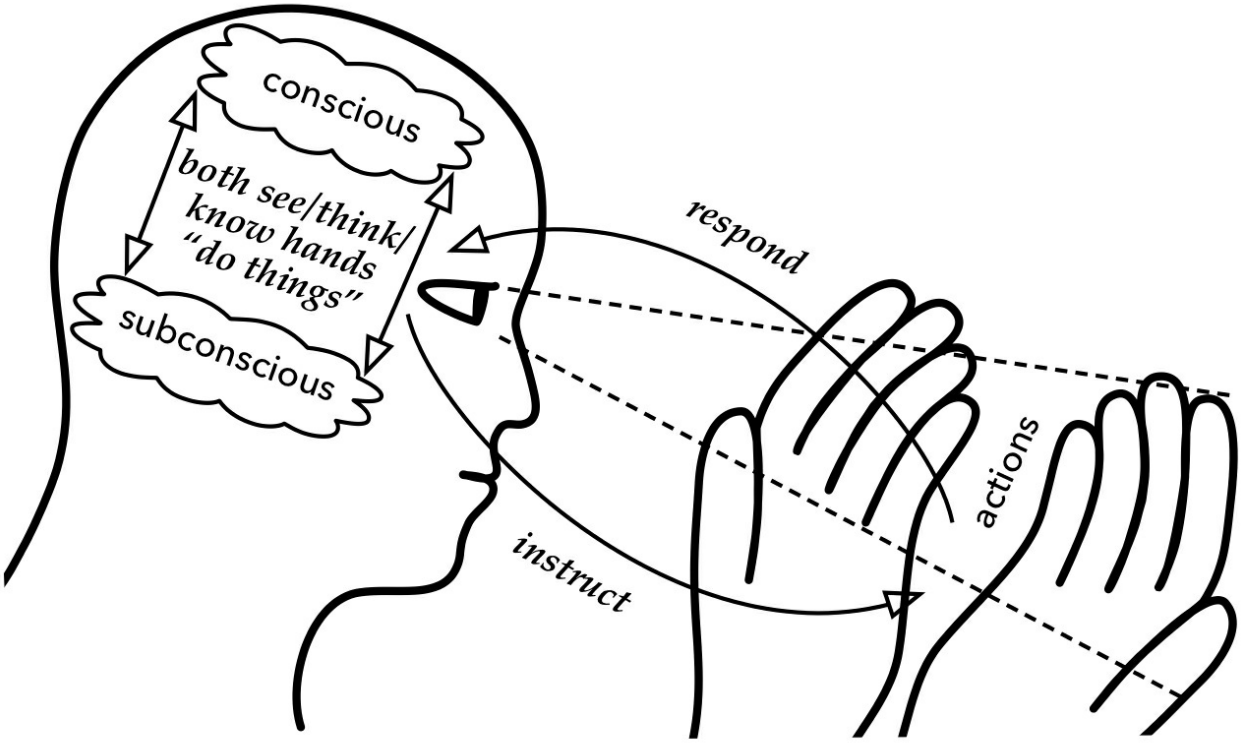


Figure 4.1 — The mind-body connection with the hands

Have you ever wondered why so many stories, books, shows, and movies indicate that magick is worked using the hands? Magick is demonstrated using hand gestures, whether mild or strong, or using a magick wand held by a hand. This is not just a coincidence! It is because your hands are a gateway to directing and exerting your inherent magickal power.

Another great quality of your hands is the ability to *feel* with them. Do you have any idea how sensitive your hands are? As you know, you can feel physical things in exquisite detail with your hands. Did you know you can also feel ethereal things with them as well, such as unseen subtle energy fields? Have you ever laid your hand on someone and *sensed* how they were feeling—whether stressed, excited, hurting, or happy? Most likely, your mind already knows that you can sense unseen things with your hands. This is an extremely useful concept for working magick!

When you see the energy of a certain situation in your mind, you can then get your hands "into it" and play with that energy, manipulating it this way or that way—changing it to suit your purposes. You can then use your hands to help you feel whether or not the desired change was made. I'm going to teach you to use your hands in a variety of ways to work powerful Mind Magic. All of the methodologies you will learn involve utilizing not only your mind but also your hands.

The best part is that your subconscious mind already **knows**—*without any doubt*—that you change your reality with your hands! You can fix things, turn things on or off, or move things around using your hands. So there's already an extremely strong connection between "getting things done" and using your hands—and this is both conscious and subconscious. Therefore, your hands are also a fantastic tool for connecting your conscious and subconscious minds, which only benefits you when working magick. The only hurdle you'll need to get past is convincing your conscious mind that you are making changes to something that you can't physically see or touch. Your subconscious may not have much of an issue with this, as it already does that naturally.

When you work Mind Magic, you "see" the energy you are working with—whatever it might be—in front of you, around you, or in some spacial relationship to your body. It's like deliberately hallucinating (without any drugs)—using your imagination to visualize the energy you desire to work with. You then engage that hand-mind connection by bringing your hands into the energy that you "see." As you get your hands into that energy, your imagination stays active. You "see" the things you are doing to it, how you are changing it, moving it around, and altering any conditions that relate to it.

Notice that I said you will use your *imagination*. This is so important when it

comes to magick. Go ahead and let your imagination run wild! Stop thinking that there are any limitations. Create what you desire to create. You can do this! As a child, you used your imagination naturally, but years of people telling you to "wake up" and live in the "real world" have likely dimmed it. Those people don't know what the *real world* is really made of anyway! You may have been programmed to stifle your imagination, as if it didn't effect or apply to reality. The truth is that imagination is crazily powerful! You can engage with the underlying energy of reality using your imagination as a springboard for your *observation*—and thus engage that powerful principle of quantum physics that collapses the existing energy waves of probabilities into a new reality.

So wake up your imagination again! Become like a little child. Play with your imagination. Let it run wild! Anything really is possible. Remove the shackles of limitations that others have placed upon you. You have outgrown those. Step into who you really are—a powerful being that is learning to work real magick! I know you can do this, no matter your age or experience.

As you learn the practical methodologies of Mind Magic, you're going to use your body to work magick—most especially your hands. And though most of the real power of observation comes from your mind (your thoughts, feelings, intentions, etc.), the direct use of that mind-body connection activates links between your consciousness and subconsciousness. When you first start to do this, it may seem ridiculous or silly. Stick with it! Your conscious mind can learn that you are really making changes with your hands. And your subconscious will simply follow along. Once your brain thinks you are actually *doing* something (changing energy with your hands), it will start to believe it—and eventually *know* it. When your subconscious mind *fully realizes* that it makes changes this way, working magick will become easy. It's like it says, "Okay, I just changed that reality." And—*Bam!*—it's done.

Mind Magic takes the common "mind over matter" concepts of actions done in and with your body (both conscious and subconscious) and expands that into actions done outside of your body. Imagine that just as you are able (with your hands) to pick up a mug and fill it with coffee, you're also able to engage with an energy field and change it as you please. Now that's magick!

There is one more powerful activator of magick that you will be learning in this book. It involves the use of "power words." This can boost the magick

you work, as words, spoken in the right way, can have great power. The last section of this chapter will discuss this concept in more depth.

Keeping Your Options Open

You may realize by now that the means for working magick are not set in stone. You can use a variety of methods. But why? Why should we have different ways to work magick? Why do we need multiple methodologies? If one of them works, why not just stick with that and use it over and over again? Early on in my magickal journey, I had questions like these. I figured, if I found a method of working magick that works, why not just use it relentlessly? There's no need to reinvent the wheel. So why seek any other way to do things? Well, experience has given me the answer, and I will now explain it to you. There are several good reasons.

First of all, if you always worked Mind Magic exactly the same way, it's highly likely that your mind would become bored with that method. And boredom, as you know, causes you to lose your focus. And if you can't focus on your magick, then you're missing a key ingredient to its potency. While boredom isn't a terrible energy, it's not something you want present while working magick. It will distract your focus and weaken your mental energy. So let's avoid that!

Providing you with multiple methodologies you can choose from allows you to change things up when working magick. Keeping it varied keeps it interesting. You can approach Mind Magic with curiosity, enthusiasm, and excitement. You can give it your full attention and focus. Working real magick successfully requires actual emotional focus every time. So if you get too accustomed to the methods you are using, you can switch to other methods that force you to sharpen your focus.

Another good reason for using multiple magickal methods is for flexibility. Depending on the situation you are working on, you may find that certain methods seem to fit your purpose better than others. Having different methodologies allows you to pick and choose what "clicks" or resonates with you as you approach the reality you are altering. It's like having a bunch of tools in your "magickal toolbox." If you're a plumber, you don't just have one tool that does everything. You need a pipe-cutter, wrenches, welding

gear, and so on. Depending on the job you are doing, you pull out the right tools. Likewise, as a magician, having multiple tools in your toolbox gives you greater flexibility to address any reality you are dealing with. You can approach the issue from multiple angles if it feels right, using one tool and then another.

Get familiar with the tools I am providing you in this book. Experiment with them. Get comfortable using them. Learn which tools are the most useful to you, which ones seem to work the best in different situations, and which ones work best for you overall. You can even customize them a bit, adjusting how you use them to match your own personal tastes.

I want you to be comfortable with the methodologies so that you can have *fun* working magick. Having fun is actually a fantastic way to approach Mind Magic! When you are in a state of *fun*, your brain automatically releases stress and tension. It more easily lets go of any pressure to change anything. The mental condition of having fun also causes your brain to resonate higher, which can allow you to more easily adjust the energetic structure of whatever reality you are working with. So learn the methods, and then have fun using them!

There is another great reason why I'm giving you several methods to use for Mind Magic. It has to do with how you interact with the Universe itself. When you open a magickal session with clear intention of what you are doing, the Universe will often provide guidance to you. Your intuitive senses will "kick in." As you go to work with the magickal methods, learn to "feel your way." Let inspiration direct you to the methods that would be best to accomplish your specific purpose in the moment. Don't assume that just because you used certain methods for a similar situation in the past, that is what you should use again now. That may be true, but be open to getting direct guidance from the Universe about how to make the changes you desire to make. Stay open, listen, and I'm sure you will receive that guidance. *Expect it.*

My goal with this book is to teach you how to be a real wizard (or witch, sorcerer, sorceress, magician, or whatever you'd like to be called). The real wizard doesn't need direction from someone that tells them exactly how to work their magick. The real witch doesn't have to be told what to do in each situation. I will provide the tools and some basic guidelines on how to use

them. You will receive any necessary inspiration directly from the Universe or from deep within yourself. Then the magick flows so easily! You can create your own magick. You have the power within you! I am just here to teach you how to actuate it.

The 5 Mind Magic Methodologies

While the magickal exercises in my previous book utilized several practical methods, in this book we will focus on the five key methods of Mind Magic. These methods are quite robust and cover a wide variety of modifications to reality, allowing you great flexibility in altering virtually anything you desire to.

The system of Mind Magic is based on learning and exercising these five methodologies, combining them in various capacities when necessary or appropriate. And each method has a variety of ways it can be employed. You don't have to learn every single way to use these methods, but, as I said before, get comfortable with them, and you will learn what works the best and easiest for you. If you learn and practice them sufficiently well, you may begin to grasp the deeper concepts behind them. And you may then find yourself enhancing the methods, customizing them here and there, to more perfectly suit your tastes.

The next five chapters of this book will cover each of the five methodologies in detail. Chapter 10 will then explain a number of ways that you can combine them. The section at the end of each of these chapters will help you put the methods into practice. I encourage you to actually get up and practice the magick you learn instead of just reading it. Once you learn these methods well, along with the other principles taught in this book, you will be enabled to make quantum-level changes to adjust virtually any reality, setting, or situation to bring about the outcome you desire. Here are the methods:

ENERGY SPHERES

Energy spheres are extremely versatile energetic structures that you create with your mind. You see them in your mind's eye, and then work with them using your hands. You will learn to create them, work within them, move them, combine them, change them, and destroy them.

HOLOGRAMS

Holograms are a useful magickal construct for working with a "copy" of an energy field, whether that is a person, an object, or even yourself. You will learn to create holograms of your subject, work within them, change them in a variety of ways, and then implement them into reality.

TIMELINES

Timelines are a fantastic magickal concept. You "see" a timeline for a person, thing, event, or situation in your mind, and then use your hands to work powerful magick. You will learn to create timelines, shift forward and backward along them, and then move, alter, or even delete events.

FLOWING ENERGY

An old concept, flowing energy is similar to "running energy"—only supercharged. You use your hands to initiate and direct energetic flow. You will learn about resonant energy, how to "run energy," how to sync vibrations of different energies, and other awesome uses for flowing energy.

DESTRUCTION

Destruction energy has its purpose in removing unwanted negatives, releasing negative emotions, and basically "taking out" whatever is *not* desired in a given reality. It is the negation of creation—the blackness and emptiness of destruction. You will learn when to use this method and a few cool ways for doing so.

The Mind Magic Palette

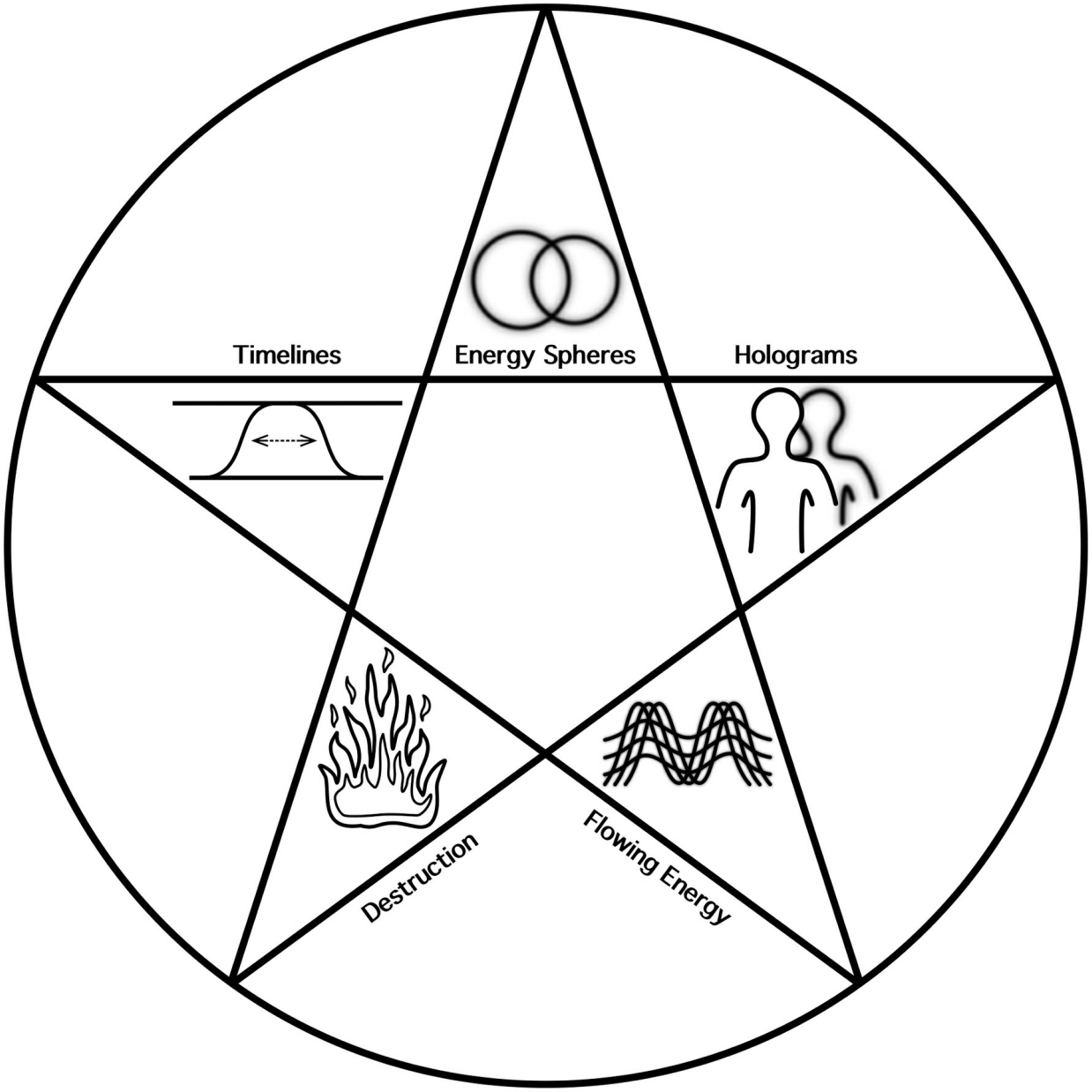


Figure 4.2 — The Mind Magic Palette

The Mind Magic Palette is a *visual key* to activating Mind Magic. The purpose of the above palette is to give you an easy visual reference for the five key methodologies. When you engage in actually working Mind Magic, bring up a picture of the palette. Either a printed or digital version will work —preferably without any distracting words around it. A slightly-larger version of this palette is printed alone on the page at the beginning of Chapter 13. While this image is copyrighted, you have my permission to copy it,

enlarge it, or print it (if you're reading a digital version of this book) only for your own use in working Mind Magic and for magickal sessions. I will later provide a full-color version of this palette on my website when it becomes available (merlinsmagick.com).

Here's how you would use the Mind Magic Palette: While working your magick, gaze at the palette to decide which method you will be using to suit your purpose. If you gaze at it with a "soft" focus, allowing your attention to shift subconsciously, you may notice that one of the methods stands out from among the rest. This is the next method you should use. Later on, I will give you more details on how to get into a state of mind where this will become easy, even automatic. In this way, the palette is the "power grid" of Mind Magic. It is both a guide to give you direction and a channel for your magick.

After you've used the printed palette several times so that you are quite familiar with it, you should be able to bring up an image of it in your mind on demand. Position the mental image in the air in front of you—straight ahead, or slightly to the right or left, whatever works best for you. I find it most convenient to bring it up on my left, as it keeps it "out of the way" of other energetic structures that I might create. With a mental version of the palette, you can carry out a Mind Magic session wherever you are, without the need for an actual picture of it. Once you are at that point, you may find that it's actually easier, more interesting, and more fun to work magick that way. Since the image is only in your mind's eye, your subconscious has more opportunity to indicate the next method for you to use. As you gaze at your energetic vision of the palette, you may see the symbol for one method stand out dramatically. It may light up, glow, spin, or move in some way. This is a clear indication of inspiration. It can also boost your trust that the Universe is working with you as you work magick.

A note about the pentagram: I'm sure you immediately noticed that the Mind Magic Palette consists of a pentagram (also called a pentacle) with symbols of the Mind Magic methodologies placed within it. There is good reason for this. The pentagram has a long and rich history. Some have thought that it is a symbol of evil. Get that idea out of your head! The pentagram, in various forms, has been used by ancient Hebrews, Babylonians, Greeks, Christians, and many other peoples. It's now used extensively by Wiccans, although the symbol is not exclusive to Wicca. While a few in recent times have used it to represent ideas of evil (and Hollywood has promulgated that view), it's usage

for protection, wisdom, power, and other positive concepts far outweighs that.

I used the pentagram as the base of the palette to represent protection in the realm of Mind Magic. The five Mind Magic methods are encased within a seal of protection. This is part of the protection I mentioned earlier against any attempts to use this magick for destructive or harmful purposes. We also benefit from the power of this symbol, drawing from its energy as an aid for working magick. As a geometric and mathematical symbol, the pentagram contains the golden ratio—a number that is significant in biology and nature. If you compare the lengths of the line segments contained within the star, each segment is the golden ratio multiplied by the next smallest segment. We don't have to get into the mathematics of this. Let's just say it's a powerful symbol in geometry, science, and magick. If you want to learn more about it's rich history, I encourage you to look it up online. It's a fascinating read.

A Word About Words

Now let's talk more about "power words." Words have been used to work magick for thousands of years. Most spells contain at least a few "magick words" to be said at some point during the casting. And some spells have a good deal of spoken words. This is common in movies, mostly for the effect that it has on the viewer. But can words really be used to work magick?

To be honest, I'm not a big proponent of speaking a bunch of "magick words" or reading a lengthy spell. I believe that magick is worked when the conscious and subconscious minds intersect in relation to a particular intention. However, I find that including some brief power words, spoken at the right moment, can be useful for working Mind Magic. There are some conditions in which this will be the most effective.

We've all seen movies where someone comes across a spell and reads it aloud, inadvertently bringing upon themselves what the spell indicated. Personally, I think it is highly unlikely that someone with no magickal experience will carelessly read a spell and experience any significant magick as a result. In my experience, magick isn't worked just by speaking certain words unless it is with complete knowledge that the words are immediately taking effect.

Yes, I have worked magick suddenly when I've seen something about to happen and I've just spoken a word to stop it—but in such cases, it was done quickly, without thinking, and often in conjunction with gesture magick. These situations have generally involved my children where this fast magick has stopped an injury from occurring. I attribute the effectiveness of this to the speed at which it is done. With no time to think, there is also no time to doubt. Without doubt, my faith that the magick is working as I speak it is 100%. That is, it is *knowledge*, not really faith. The spontaneity of some situation caused me to instantly react with magick (whether a gesture, a word, or both), and the confidence with which I quickly worked the magick excluded any possibility of doubt. So, yes, *when there is no doubt,* words alone can powerfully alter reality.

The ability to work such instant magick may be a condition of having years of experience with it. However, it's not beyond possibility that any novice could have similar experiences if they only teach themselves to react to situations with confidence and authority rather than fear. When it comes to using power words with Mind Magic methodologies, spontaneous reactions don't apply since your magick will generally be planned and carefully carried out. Instead, you will learn to use words to enhance your magick. Your confidence in the spoken word will encourage the methods to flow more easily and effectively.

Words—when spoken with sincerity, authority, and intent—can certainly increase the power of your magick—or at least be the catalyst that triggers the magick to kick in. There are a couple of keys to getting this to work…

First of all, only use words during your magick if and when you are confident as you speak them. The great wizards and witches of old never spoke powerful words to create magick while at the same time doubting that anything would happen! So don't doubt! Speak the words when your confidence is solid, such as when you get to the subconscious *knowing* step. Only say them if they feel right and they fit into the magick you are working. If you want to use power words during magick, and they feel right, but you're struggling to get your confidence up there, it's okay to whisper the magick words, too. You can even say them in your mind if you want. Speak them according to the measure of your confidence in them—or skip them altogether. If you are completely confident, go ahead and speak them out loud! However, you may want to whisper power words (or even say them in

your mind) if you are in a public place or you need to be discreet, even if you have full confidence in them. I'm not saying you have to, but you might want to.

Secondly, when you speak words of power, speak them quickly when they come to mind. Don't hesitate and think about it. The longer you hesitate and think about the words, the more likely you are to cloud those words with doubt. If speaking them makes you doubt or waver in your magick, it would be better not to use them at all. So say them suddenly, firmly, and without hesitation—like you would tell a dog to "sit."

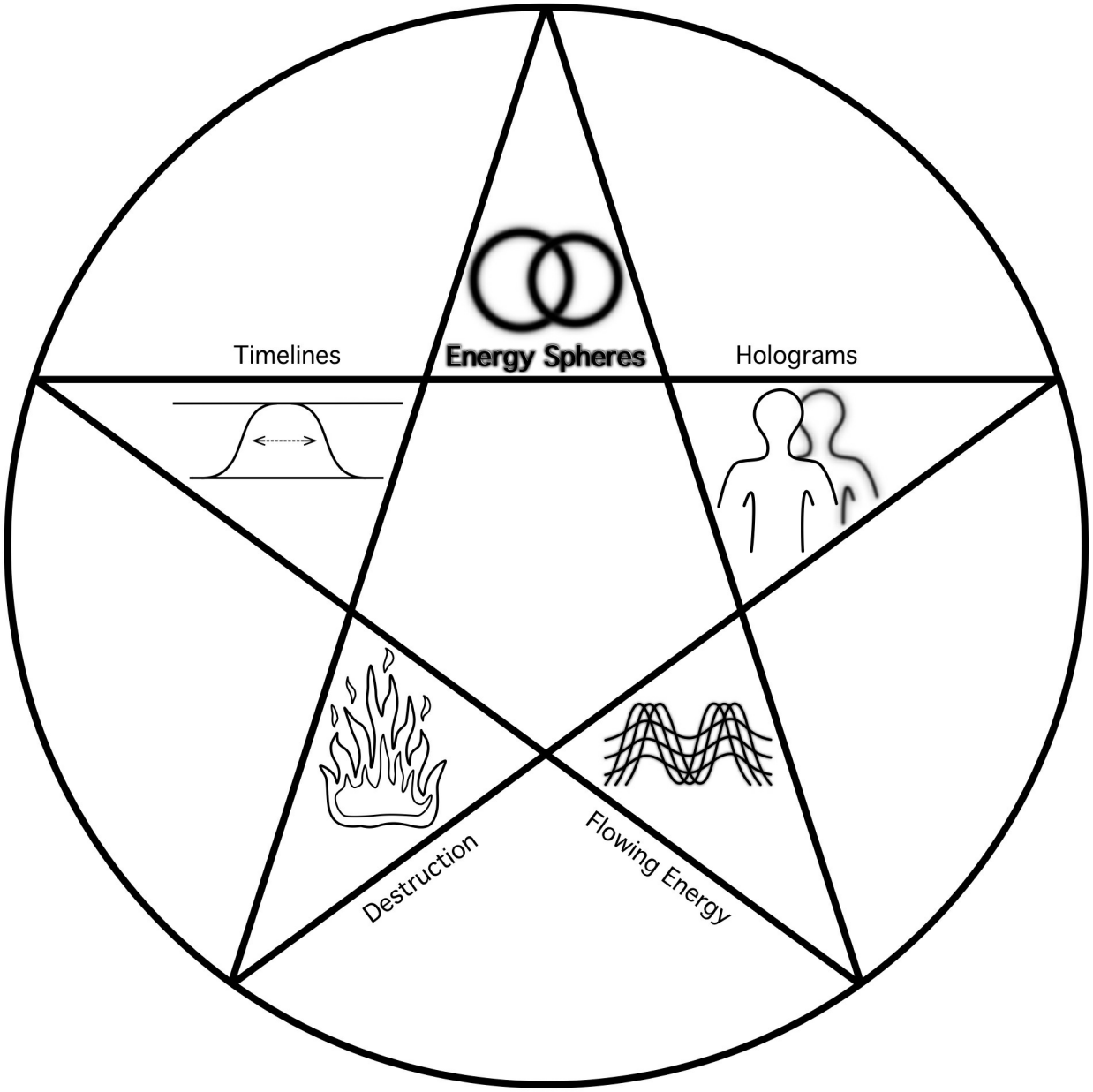
Your conscious mind may have a fit of doubt when you first use "magick words," for it may be looking for nothing to happen to confirm to itself that it was right to doubt. You can get around your conscious mind's reaction to power words by visualizing their effect in your mind's eye. When you speak the words, see the energy you've been working with move and react as a result. In your mind, *see* those energetic structures of reality do *exactly* what the word or words you spoke command it to do. This confirms to your subconscious that the spoken word actually did invoke some form of change. Of course, the more you do this, the more you will remove any doubt around using words of power. As you get used to the Mind Magic methods, you may find that the use of words comes more naturally as a result.

With all of that said, understand that the use of "power words" is optional with all of the Mind Magic methods. It is magick designed to be done with your mind while using your hands. You don't have to use words of power at all to get the magick to work. The use of words can just add a bit of "kick" to it. As you learn the five methodologies, you will see that I have included example power words to throw in at various points. Use them as you like—or even change them to ones you find more applicable to you. The power words I provide are typically commands that are comprised of only one or two words. This accommodates a speedy delivery of the spoken word to accentuate the power of the magick you are working. If you do learn to add power words to your magickal practice, you may find that eventually you are able to spontaneously throw command words at situations to alter reality when you weren't even trying to work magick. Wouldn't that be cool?

PART II: THE METHODOLOGIES

5. METHOD #1: ENERGY SPHERES

The circle, or sphere, is one of the most basic devices of magickal arts and serves as a container of magickal energies.



The Usefulness Of Energy Spheres

Circles have been used in rituals, spells, summonings, and other magickal practices for thousands of years. There are an endless variety of uses for circles. A circle is just a two-dimensional representation of all points that are the same distance from a center point. Spheres are just circles expanded into three dimensions, with all points on the surface of the sphere being the same distance from the center. Spheres have also been used in a wide variety of magick. For Mind Magic, you will be using energy spheres mostly for the containment and movement of energetic structures, to put it simply. As an alternative to a sphere, an energy cylinder can also be used for energetic containment. Think of a cylinder as a circle that is extended into three dimensions by dragging it in one direction.

Circles and spheres are some of the easiest shapes to visualize. We all have plenty of experience with spherical objects in various contexts, so I expect that the creation of energy spheres will come fairly naturally to you. The Energy Spheres method is at the top of the Mind Magic Palette because it is the most versatile of the five methods. It has the widest variety of applications, and it can also be combined with any of the other methods.

Energy spheres are a fantastic tool! You simply create them with your mind. See them as clear or in color—whatever you prefer or however they "appear" to you. You can then use them to encapsulate an existing energetic structure so that you can work with it however you choose. Energy spheres allow you to wrap a "border" around something so that you can contain it and then move it around easily. With energetic structures thus contained, you can copy and paste them, separate them, merge them together, enlarge or shrink them, or even cast them away or destroy them. You can also use energy spheres (or cylinders) to create a working space for your magick.

Creating Magickal Energy Spheres

You will use a combination of your hands and your mind to create an energy sphere. Of course, this can be done with just your mind if your hands are occupied or you need to be discreet. There are two easy ways to create an energy sphere.

Hand-Wrapped

One way is to see the person, thing, or situation you wish to work on in your mind. Locate it somewhere in the space in front of you. It should be of a reasonable size (small enough) so that you can wrap it in an energy sphere. Reach out with an open hand and turn that hand around the energetic structure you are seeing, twisting your wrist to guide the creation of the energy sphere. (See Figure 5.1) You don't have to twist your hand all the way around it! (It shouldn't be uncomfortable.) Turn your open hand just enough to "see" the energy sphere start to form around the object or reality you are visualizing. In your mind's eye, see the sphere wrap all the way around the object until it is complete. This should only take a second or two once you are used to it. If the "thing" you are encasing is large, use both hands to enclose it in an energy sphere. You can create these spheres around the mental image of a desired reality, of an existing reality that you'd like to change, or of a person or object you want to work with. You can also use a photo or other image of the object or person. And, yes, you can create energy spheres around real objects or people as well. You can even create them around local spots on someone's body, such as for healing an injury.

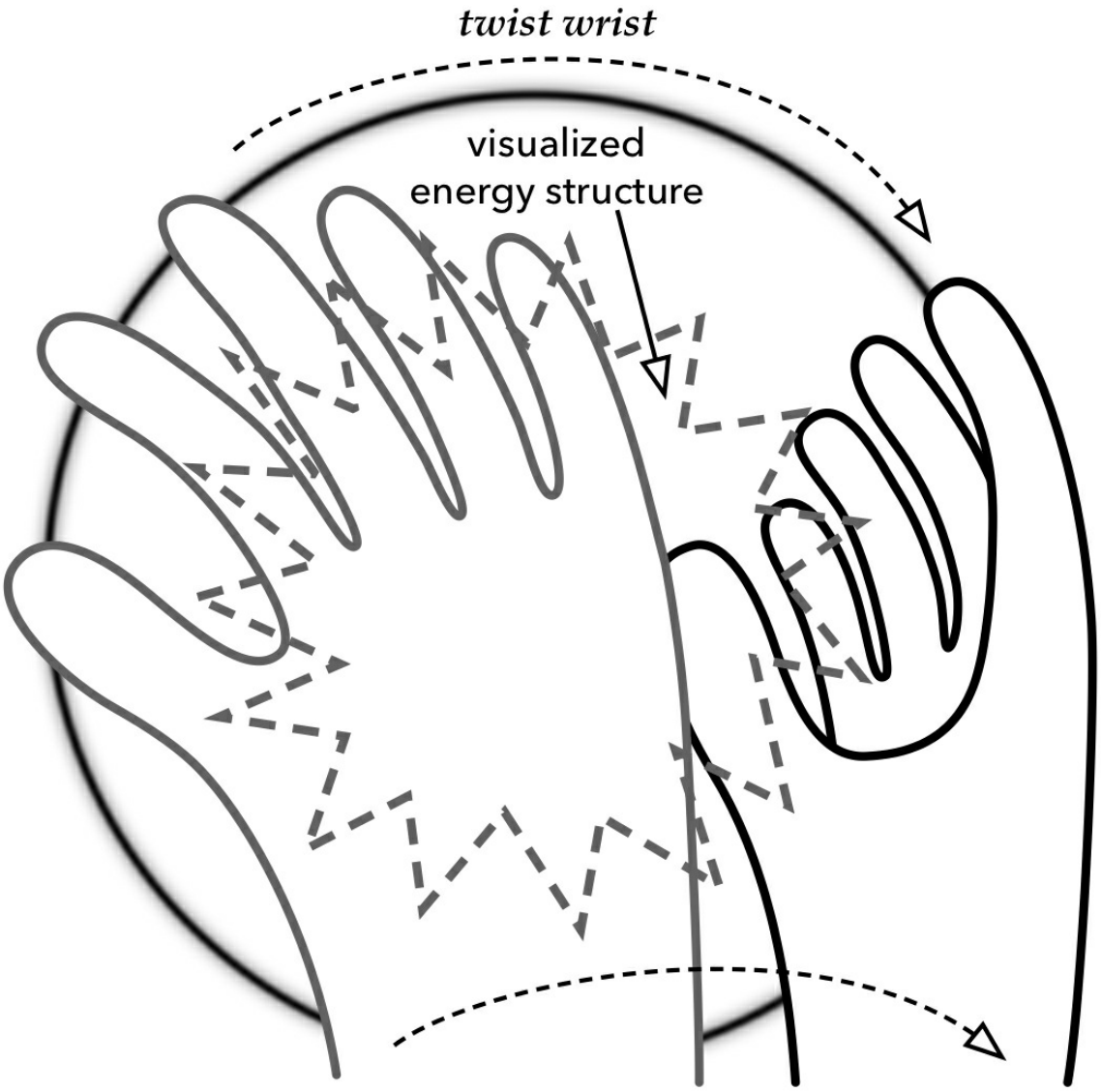


Figure 5.1 — Rotating your hand to create an energy sphere

Grow a Sphere

The second way to create an energy sphere is to choose a place where you want to create the sphere, bring both your hands out in front of you into that space, starting with them cupped together, and then slowly pull them apart. As you do this, visualize the energy sphere forming in the space between your hands. It grows as your hands move apart. (See Figure 5.2) Make it as large as you need for your purposes. When you are satisfied with it's size, remove your hands. See that it is sustained there in front of you, but it is initially empty. Next, you are going to fill this sphere with whatever you want to work with. You can fill it with the mental image of the person or object

you wish to work with or with the image of a desire reality. Use your visualization skills to fill the space in the center of the energy sphere. You may find it helpful to create a vision of the desired thing in your mind, bring one hand up to your forehead, grab hold of that mental image, and then pull it out of your mind and insert it into the energy sphere. Do this with your hand as you see it in your mind. The two will work together, thus encouraging the hand-mind connection. Know what you're going to put in the sphere before you create it. Unless you have a particular purpose for leaving it empty, fill it with something. Magickal spaces may not stay empty if left unattended.

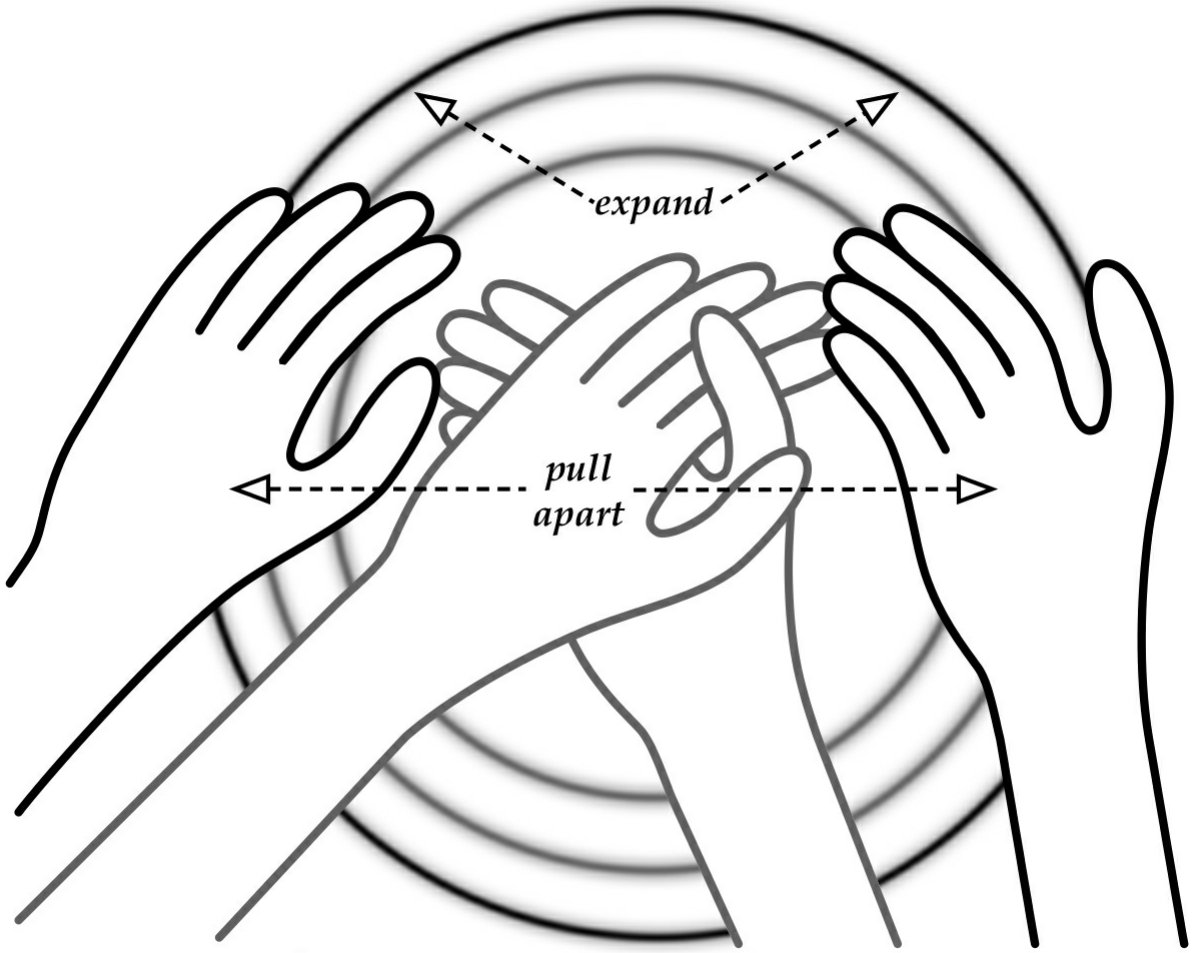


Figure 5.2 — Growing an energy sphere between your hands

Once you have created an energy sphere that is filled with the energetic structure of the reality you are modifying, you can move on to working with that energy sphere. Or, if you find it necessary, you can create another sphere to contain the energy of a different reality. You might find it useful to create energy spheres of opposing realities. Having two energy spheres to work with

enables a variety of their features, such as merging energies or using a "copy and paste" concept.

Create as many energy spheres as you feel you need for the magick you are working. I don't recommend you work with more than three such spheres at any one time, as it may be confusing to keep track of them. Each sphere should have it's own size, contents, color (if any), and location within your magickal working space. In general, you will want these energy spheres to be within arms' reach of where you are sitting or standing.

Creating A Magickal Working Space

One of the primary uses of energy spheres is to create a working space for magick. While it is not always necessary, it may be wise to get in the habit of creating a separated space for working your magick. There are two main structures that I typically use for magickal working spaces: the sphere and the cylinder. Both of these are based in the traditional magick circle.

To create a spherical working space, simply create an energy sphere with both of your hands as described in the "Grow A Sphere" section above. Notice the color of it. Expand it until it is quite large—larger than yourself. Give yourself room to move around a little and wave your arms about if you need to. If you make a sphere big enough to stand inside it and freely extend your arms over your head, that's large enough. It's okay if parts of the sphere extend into the walls, ceiling, floor, or even furniture, as long as that isn't distracting to your vision of it. To give you extra space to move about, it can even extend far into the floor so that it is more like a dome of energy.

Once you have created the energy sphere, step inside of it. Proceed into it with your hands forward, as if they are breaking the tension of the sphere's surface just enough for you to pass through it. It seals up behind you like a giant soap bubble. With your body located fully inside the sphere, work your magick. You can sit, kneel, or stand, whatever feels right to you for the magick you are working. If you prefer to sit in a chair, then put the chair in place first and create the energy sphere around it.

If you would rather form your magickal working space around yourself instead of first creating it and then having to step inside it, you can do this, of course. Just stand in the space you want to separate for your magick, create

the sphere in your hands, and then expand it outward all around yourself. Extend your arms all the way out and press with your fingertips to ensure that the sphere is large enough for you to work within (it should be beyond your fingertips).

Another option is to create a cylindrical space for working magick. To do this, start by creating a magick circle on the floor. It needs to be large enough that you can move around once you are inside it. You can draw the circle physically on the floor with a finger or two. A rug or carpet (or dirt if you are outdoors) may visibly show this circle once it is complete, but a tile floor will work as well. Or you can just point a finger or two at the floor and use your imagination to form the circle, swinging your arm around in a circular motion as you create it. Make sure the circle is complete, all the way around. You don't need to go around it multiple times—one complete circuit is enough.

Once you see the circle there in your mind, reach out with one or both of your hands and pull the circle up from the floor, extending it all the way up to the ceiling. You don't actually have to touch the floor or the ceiling to do this—just make the motions with your hands and arms. See the cylinder form in your mind as a glowing circular wall of energy. It can be clear or colored. Once it is fully formed, step into it. Enter with your hands first as if they are breaking the surface tension to allow you to pass. As with the sphere, the cylinder seals back up behind you. Again, you can kneel, stand, or sit, and if you want a chair, put it in place first and form the cylinder around it.

As with the spherical working space, you can also directly create an energy cylinder around yourself. To do this, stand in the space you are separating for working magick. Spin around and draw the circle with one or two fingers pointed at the floor. Go all the way around and connect it to itself. Then use your hands to raise the magick circle around you, creating a circular wall around yourself up to the ceiling (or at least above where you can reach). You are already within the energy cylinder as it is created.

A side benefit of using cylinders for magickal spaces is that you can add extra protection to your working space (if you feel you need it) by making a pentagram on the floor of your energetic cylinder. For detailed instructions on how to do this, see *Appendix D: Creating a Protected Magickal Working Space*.

Now let's move on to how to work with energy spheres…

Working With Energy Spheres

Here is where the power of energy spheres comes into play. There are a number of ways you can work with these magickal spheres, depending on your purpose. Use whatever applies to the situation you are working with and how you'd like to alter it. As you work with your spheres, maintain an awareness of what is contained within them. See that the energy within each one is fully contained within the sphere so that you can freely manipulate that energy as you choose to. If it seems like an energy structure is trying to "escape" from the sphere, then strengthen the power of its surface in your mind. If it looks like an energy is too large for the sphere (it's protruding through the surface of the sphere), then enlarge the sphere as necessary. You are creating these structures in your mind, so you can control "seeing" that they serve the purpose of containing the energies you are working with. If you have multiple spheres, be sure that you keep track of which one is which.

Expand It

One way to work with energy spheres is to enlarge them in order to expand or activate the energy they contain.

How To Do This: Reach out and grab hold of the energy sphere that contains the desired reality. Pull it apart with your hands, expanding both the energy sphere and the energetic structure of the reality it contains. Make it as large as you like. You can even make it engulf you or explode to fill your entire magickal working space. (See Figure 5.3) If you can feel the power of it and you can say it with confidence, speak the power word to finish its expansion.

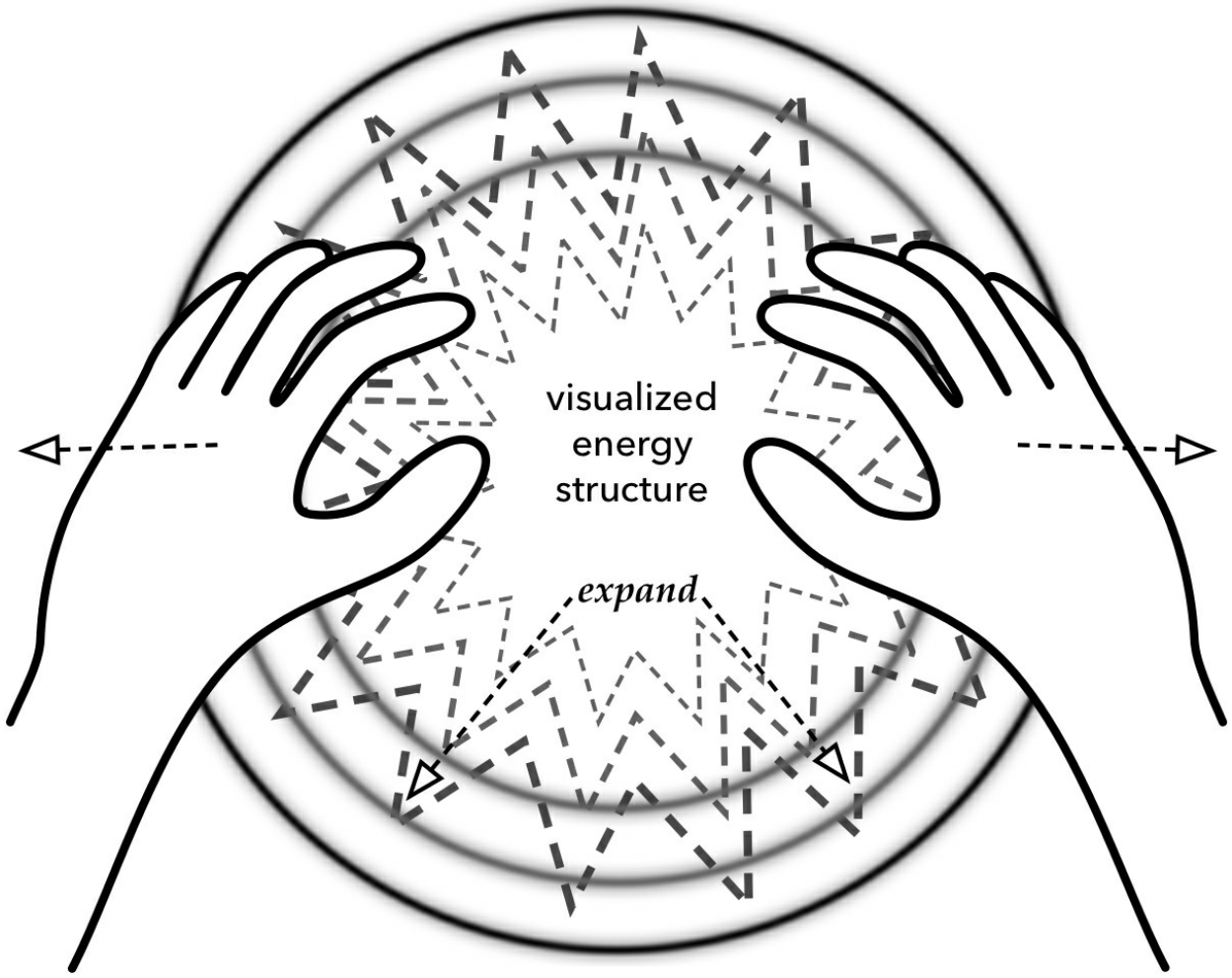


Figure 5.3 — Enlarging an energy sphere & its contained energy

Optional Power Words: "Expand!", "Grow!"

Example using "Expand It": Let's say there's a great deal of tension in a room—arguing, fighting, or whatever. Create a small energy ball filled with peaceful energy. Concentrate the energy of peace within that sphere until you can feel the intensity of it. It's an energy that overrides any tension and brings utter calmness. Now use your hands to expand that energy sphere until it fills the room. As it does so, feel the peaceful energy take over and fill the space with a pervasive calmness. Let that *feeling* grow into a *knowing*, and then just totally *let it go*.

Remember the key steps to Mind Magic as you do this or any of the methods you are learning. In your mind's eye, *see* what you are altering. *Feel* it as you

alter it. When it is done, *know* that it is done. And then just completely *let go*. These are the four key steps, and they are a critical component to all of this magick. Remember that!

Shrink It

You can shrink energy spheres in order to disable, downplay, or deactivate the reality they contain.

How To Do This: Reach out with one or both hands toward the energy sphere that contains the energetic structure you'd like to get rid of. Shrink that energy sphere with your hands. If it's small enough, you should be able to shrink it with just one hand. If you desire, you can shrink it until it "poofs" out of existence in a tiny flash of light. (See Figure 5.4) If you can feel confident doing so, speak the power word as it disappears.

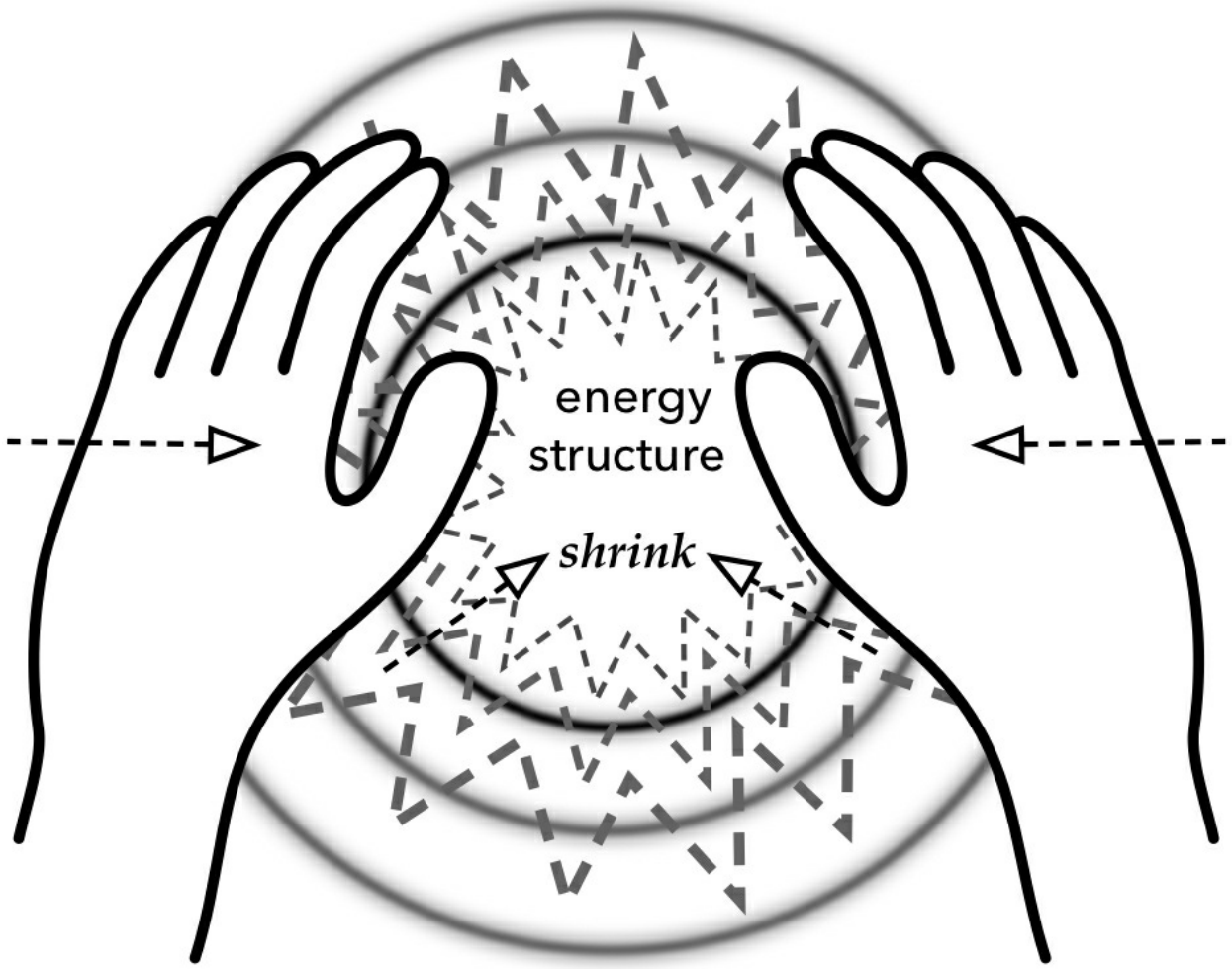


Figure 5.4 — Shrinking an energy sphere & its contained energy

Optional Power Words: "Gone!", "Shrink!", "Poof!"

Example using both "Expand It" and "Shrink It": Let's say you create two energy spheres in your working space, one on the left and one directly in front of you. The one on the left contains an existing situation you've been living with that you'd like to change (that is, it contains the energetic structure of that situation). The one right in front of you contains your desired reality without that situation (or with it changed as you would like). First, reach out and shrink the one on the left until it is gone. Remember, it's important to *feel* it as you do this. Then, grab the other energy sphere and expand it until it engulfs you. You are using the coordinated effort of your mind and your hands to do this, along with the four-step process, until you

have released it.

Change It

Another useful aspect of the energy sphere is that once you have contained an energy within it, you can modify that energy to your liking.

How To Do This: With an energy sphere already created and containing the reality you'd like to alter, reach into that sphere with your hand. If it is large, you can reach in with both hands to make the changes. (See Figure 5.5) Now let's use the mental concepts of add, change, and delete. Look at each of the aspects of the reality you are working with. See what you want to remove from the situation. Grab that part of the reality with your hand and pull it out. Remove it from the sphere and cast it aside. See that it's gone—it is no longer a part of the energetic reality contained by the sphere. There may be some characteristics of the reality you're working with that you simply want to modify a little. Use your hands to adjust the energy and make the desired changes, one by one. Each time you make a change, *see* that the energy in the sphere has changed to match what you desired. Finally, if there is anything you want to add to that reality, bring it in from outside the sphere. Use one or both hands to insert it into the energy sphere. As you do so, *see* that it affected the reality in the way you intended. The magickal idea here is that, since your hands created the energy sphere, only your hands can choose what may pass freely through the walls of the sphere. Anything you cast out cannot return of its own accord. Nor can anything leave that you add into it.

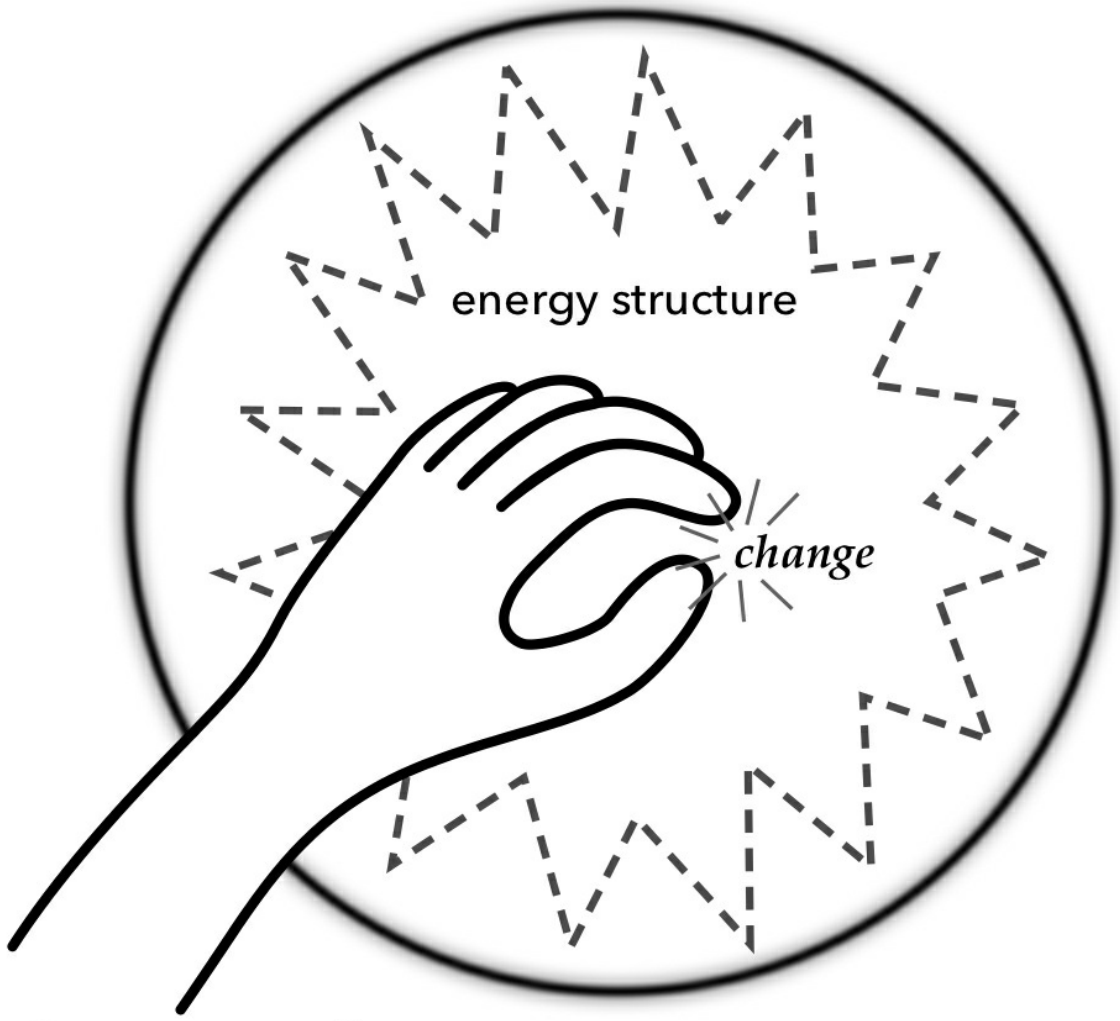


Figure 5.5 — Changing structures within an energy sphere

Optional Power Words: "Change!", "Remove!", "Install!"

Example using "Change It": Let's say you want to alter a situation in your workplace. Create an energy sphere and place that situation within it. If the situation is very specific, you may want to place an image of the whole environment of the workplace that pertains to that situation, including as much of the setting as is applicable. Once you clearly see that the reality you wish to alter is within the sphere, reach in and change it as you desire to, removing what you don't want there, changing what you'd like to, and adding anything that might be useful to your purposes. If your intention about what you are changing is clear at the start, you may receive inspiration about which aspects of the reality need to be removed, replaced, or simply tweaked a little.

A note about using the four steps with Mind Magic methods: It is not necessary to move through all four steps of seeing, feeling, knowing, and letting go with every change that you are making. If you have sufficiently engaged the mind-body connection, then you should be easily *seeing* and *feeling* the changes as you make them with your hands and your mind. These steps should be ongoing as you work with the methodologies. The *knowing* and *letting go* steps can come at the end, after you've made the changes you desire to. Later on, when we get into Mind Magic sessions, you may have longer magickal sessions in which you might want to go through the four steps for each part of your session as it is completed. We'll discuss that later.

Snap Into Place

One of the characteristics of energy spheres that makes them so versatile is the ability to move them around. You can move the energy in a sphere out of a space (to get rid of it or inactivate it) or into a space (to engage it or activate it). We're going to discuss here how to move an energy sphere in order to cause the energy it contains to "kick in."

How To Do This: This method is often useful for installing energetic structures into real objects or people. However, you can use it on abstract concepts as well. Create an energy sphere and fill it with the image of the object or person with the desired reality already in place. Make whatever changes you need to the energy within the sphere until it looks just as you'd like it to. Once the image of the person or object in the sphere looks and feels like the end goal of the magick, grab the sphere with one or both hands (whichever feels right). Move the sphere into the real object or person you are working on. Position it into the place where it seems most applicable until you feel it "click" into place. (See Figure 5.6) You can either see that the energy immediately snaps into place and is done, or alternatively, you might see that the energy dissolves into the object or gets absorbed by it. This can happen quickly or slowly, and you can use your hands to help with that absorption if you like.

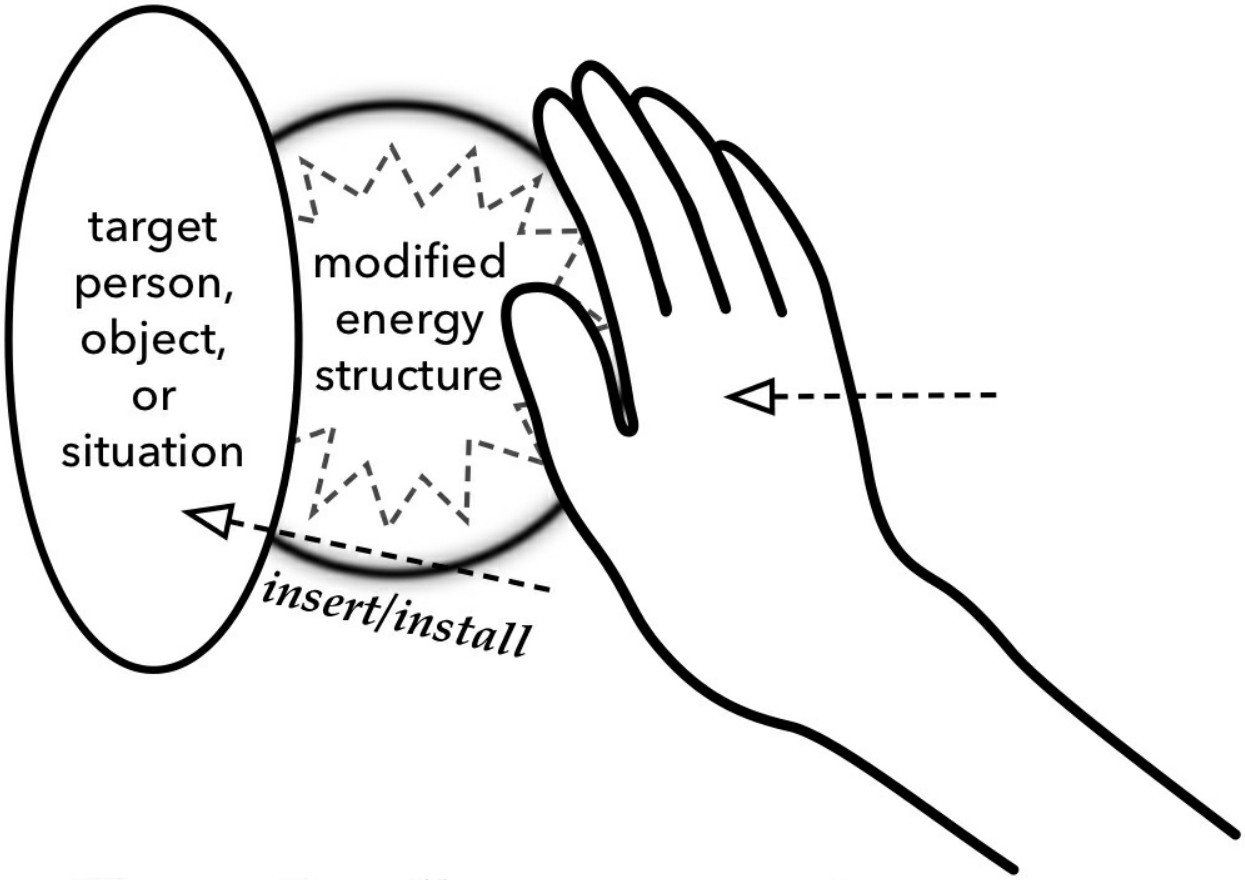


Figure 5.6 — Moving an energy sphere into a target

Optional Power Words: "Absorb!", "Install!", "Snap!", "Click!" (you may want to add a snap of your fingers as you say the power word)

Example using "Snap Into Place": Let's say you have a broken object that you would like to repair. To assist with the repair, create an energy sphere that contains an image of the object already repaired and in perfect working order. Once this image is clear and complete, grab the sphere and move it into the object itself. Insert it into the object until you feel it "click." See that the energy had been absorbed by the object. Then proceed with the repair (if it's still necessary). I've used this process to quickly fix broken toys and electronics (even iPhones) that seem beyond fixing. Another good use for this is in healing wounds or injuries, on yourself or others.

Copy and Paste

You can use the movability of energy spheres to copy energies from one reality into another.

How To Do This: Start with two energy spheres. These can contain the energetic signatures of two different realities (one you want to copy from and one you want to paste to), or they can be two different versions of the reality you wish to work with (one as it currently is and one as you desire it to be). There are a couple of different ways to do the "copy and paste" action. One way is to take a copy of the whole sphere of energy you are copying from and paste it into the other sphere. Put your hands on the sphere to copy. Imagine that a copy of that sphere is created and placed loosely in your hands. If you are using the power words, this is the point at which you would say, "Copy!" Move the copied sphere into the other sphere and paste it in place. This is when you would say, "Paste!" The energetic structures of the one sphere have been copied into the other. (See Figure 5.7)

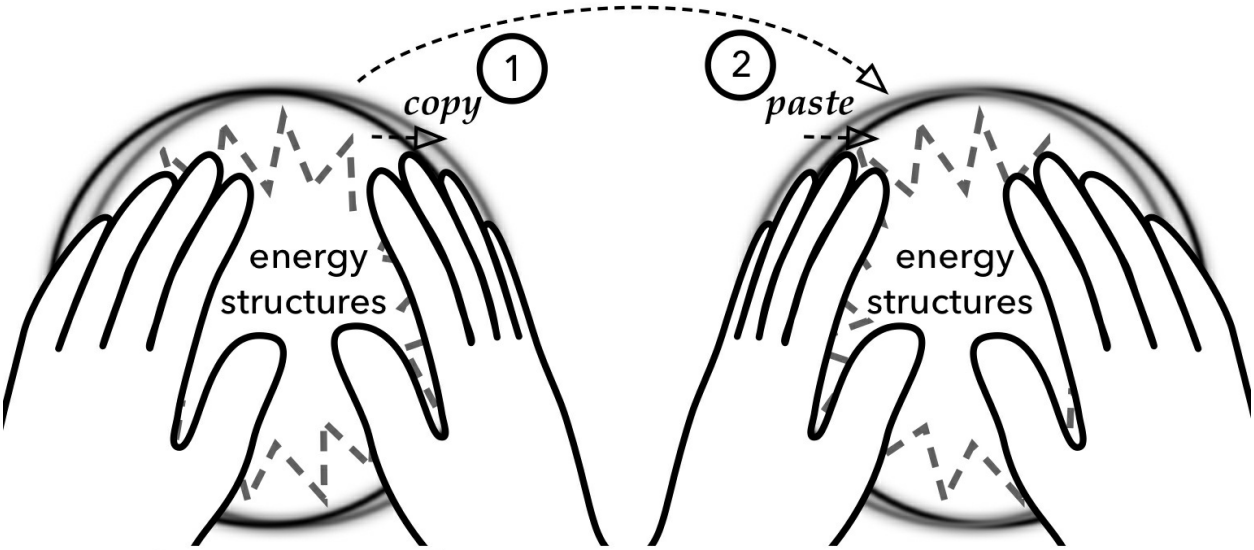


Figure 5.7 — Copying and pasting an energy sphere & its contained energy

The other way to do a copy and paste is to selectively choose which specific energies you want to copy from the one sphere to the other. This is useful in cases where you don't want to copy the entire concept of the reality—just certain aspects of it that you desire. In this case, reach into the first sphere with one hand (the one you are copying from) and select an aspect of that reality that you wish to instill in the other reality. Pull it out and insert it into the other sphere. *Feel* it as it gets installed. For added security, you can quickly wrap each aspect of the energy in a small sphere of its own to move it from one location to the other. Each tiny sphere then gets absorbed by the

energy of the reality you are altering.

Optional Power Words: "Copy!" and "Paste!"

Example using "Copy and Paste": Let's say you are training for a competitive sport. You know there is a certain person that has a lot of skill in the sport, and you wish you could "borrow" that skill somehow. Create two spheres of energy, one containing an image of the person you want to "copy" aspects of and one containing an image of yourself. Reach into the energy sphere of the other person and copy the particular aspects of their skill that you desire, and then paste those into the energy sphere that represents yourself. Be careful to only copy those qualities of that person that you really desire. Don't just copy the whole sphere over!

Healing using "Copy and Paste": I use this method frequently for healing injuries, so I'm giving you another example here specifically for that purpose. You can use this on yourself or on someone else, as long as the person is physically present with you. In this case, you don't need to initially create two energy spheres in order to utilize the copy and paste concept. Instead, you can use "copy and paste" directly, without first creating separate spheres. You can also avoid the initial spheres if you are working on any physical object that you actually have with you. In the case of an injury, look at the location of the injury. It's good to initially let go of anything having to change about it. Next, look at the opposite point on the person's body. If it's their right forearm that is injured, go to their left forearm. If it's a spot on the side of their neck, go to the spot exactly opposite to it. This *uninjured* spot will be the location of your focus. Create an energy sphere around the uninjured location. Make it at least as large as the corresponding site of the injury. You should have a good grasp of the "look and feel" of this spot on the body. See how it is perfect just as it is. Now encase that energy into a sphere and "copy" it. Move that sphere around the body to the site of the injury and "paste" it in place. As you paste it, *see* that it causes this spot on the body to be as perfect as the opposite spot. *Feel it* until you *know it*, and then *let it go*.

The Merge

As a final concept, you can use the movability and flexibility of energy spheres to merge energies together. The "merge" process can be used to either intermingle two energies or to cause one to replace the other.

How To Do This: Create two energy spheres containing the realities you would like to merge. These might be the energetic structures of two completely different realities or of two different versions of one reality. If you want to intermingle two situations into one, then create the images for those situations in energy spheres. Place one hand on each sphere and bring the two together. This is the point when you would use the power word, "Merge!" Watch in your mind how these two energetic structures fuse into one reality, with aspects of both realities existing in harmony. (See Figure 5.8) If, instead, you want to replace one energy with another, then place an image of the existing reality into one sphere and the image of the replacement reality into another. With your hands, move the replacement energy sphere until it completely overlaps with the existing energy sphere, powerfully overriding the energy of the existing reality with that of the new reality. If desired, speak the power word, "Replace!"

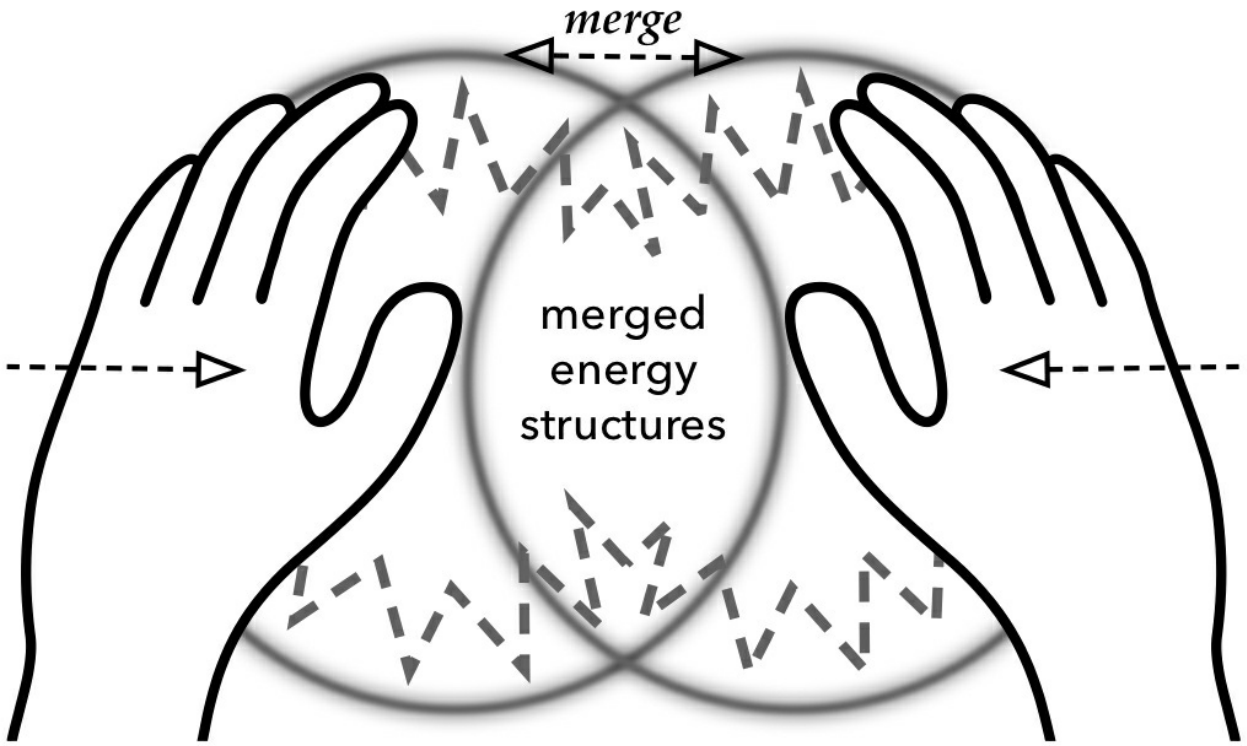


Figure 5.8 — Merging two energy spheres & their contained energies

Optional Power Words: "Merge!", "Fuse!", or "Replace!"

Example using "The Merge": If you want to modify your current reality,

removing certain negatives and replacing them with positives, the "merge" concept is a good one to use. Create two energy spheres that represent different aspects of your existing reality. In the first one, place whatever negatives you'd like to remove. Let's say those are stress, tension, time pressure, and work pressure. Trap those energies in the first sphere. In the second one, place the opposite positive energies you would like. These might be peace, calmness, self-control, and the feeling of having plenty of time and freedom. Encase those energies in the second sphere. Use one or both hands to move this second sphere into the first one. When it reaches it, feel the impact of those negative energies being replaced by the positive ones. Move the second sphere until it completely engulfs the first one, feeling the powerful effects of the calmness, peace, and freedom that comes as a result. *Feel* it deeply until you *know* it is so. Then just *let it go*.

Finishing With Energy Spheres

You may not need to do anything to "finish up" with the energy spheres you have created. If you have expanded or collapsed a sphere or caused it to be absorbed, you're already done with it. If you have moved an energy sphere to insert it into place, you can just see it dissolve when it snaps in place. Likewise, with the "copy and paste" or "merge" concepts, you can just see the energy sphere dissolve into the new reality that it is creating. However, if you still have energy spheres left over when you are done working your magick, here are some creative ways to "clean them up." Also, if you are working magick within an energy sphere or cylinder, you should "uncreate it" when you are done.

Cast Away

If you have an energy sphere left over that contains negative or undesired energy, you can simply throw it away or destroy it.

How To Do This: Take the energy sphere that is left in one hand. Pull it back as if you were about the throw a baseball. Then cast it far away from you. *See* the sphere disappear into the distance as you do so. You can visualize the sphere shooting far away, out into space, or to some endless distance; you can see it explode when it gets a sufficient distance from you; or you can see it dissolve into the very aether. However you get rid of the energy, *feel* that it's

gone.

Optional Power Words: "Be gone!"

Fill the Space

The magick you worked may have resulted in some positive energy left over in a sphere. If so, you may not want to just leave it there. Put it to good use and let that positive energy affect your reality.

How To Do This: Put both hands on the energy sphere that is left over. Clearly see the positive ideas, energies, or reality that it contains. Grab the sphere and pull it to enlarge it. Spread your arms as wide as you like to expand the sphere. Let this energy sphere fill your working space, the whole room, or even the entire house or building you are in. Allow this positive energy to dissipate into your reality. Another option here is to fling or throw the energy sphere into another space that you want to fill with it (such as another room). Either way, *feel* it's effect.

Optional Power Word: "Fill!"

Energy Pill

Another cool idea for what to do with a positive energy sphere that is left over is to consume it. Yes, eat it! Do this if you want to personally absorb the energies of the sphere into yourself.

How To Do This: Using one or both hands, collapse the energy sphere down to a small size—perhaps the size of a golf ball or even down to pea-sized. Take it in one hand and pop it into your mouth. Swallow it, saying the power word if you feel so inclined. Optionally, you can then *visualize* and *feel* that "energy pill" going down your esophagus into the center of your chest or your stomach, and then feel it expand again, allowing this positive energy to fill your soul.

Optional Power Word: "Gulp!"

If you are working in a magickal space, you can use one of the above methods to clean it up. If you feel like your magickal space is filled with positive energy, you can let it expand outward and fill the room you are in. If it feels like it's filled with an energy you would like to personally consume, you can use the "energy pill" concept, compacting your working space into a

small sphere and then swallowing it. If you aren't sure what your working space is filled with when you are done your magick (or it just feels like "weird magickal energy"), you can just dissolve the space with your hands. You can also crash through the sphere or cylinder to dissolve it on contact, you can grab the edges of it and shrink it down until it disappears, or you can just visualize it wobbling and gradually fading into the air around you. Once it is gone, exit the area where the working space was and just forget about it.

Put It Into Practice

You can see that there are a lot of ways to work with energy spheres. Now let's get you playing with magick!

This section gives an example of how to work Mind Magic using the methodology of energy spheres. I want you to practice all of their various modes of use (or "sub-methods," as I call them) that are described in this chapter. The name of each of the "sub-methods" is given before each section of the practice exercise so that you can more easily cross-reference them back to the sections in this chapter. *Appendix A* at the back of the book also contains a table of the Mind Magic methods and sub-methods. I strongly recommend that you actual do this practice before moving on to the next chapter. So let's get to it…

Go to a room where you can be alone and have some time to practice the methods you are learning. Choose an area of that room, large enough to move around in, where you can create a magickal working space to play in. I say "play" because working Mind Magic is much like "playing" with reality. Besides, being in a playful mentality makes it more fun! Since your brain loves fun, this mentality can make it easier to work magick successfully.

Grow A Sphere

Using both of your hands, create an energy sphere around your designated working space. To do this, reach them out in front of you in the center of your working space, and cup them together. Imagine that a small sphere of energy is forming inside of your cupped hands. Notice what color it is, and see how it seems to vibrate in your hands. As you pull them apart, in your mind's eye, see that energy sphere grow larger and larger. Bring your hands all the way apart until your arms are stretched out and the sphere is large

enough for you to work within it. Once it is complete, feel the outer walls of that sphere with your hands. Imagine that your hands can touch the outer surface of it like an invisible curved wall. Now, proceeding with your hands, step fully inside it. You will stand in the center of that energy sphere for the remainder of these exercises. Again, if you need to sit, that's fine, just put a chair in your working space to begin with.

Hand-Wrapped

Next, we're going to choose a reality that nearly everyone would like to work on—your personal health. See an image of your personal health somewhere within your working space. Let it appear in the area where it seems to show up—to your right or left, in front of you, or even behind you. You might see this energy as an image of yourself. You might see health conditions that you have. Or it might simply be a "feeling" kind of vision, appearing in your mind's eye as just an energy blob that represents your overall health. However it initially appears, accept it as it is. Reach out with one of your hands and wrap that hand around the image of your health energy. See a colored sphere of energy, like a glowing spherical bubble, form around the representation of your health.

Change It

Now that you have an energetic structure that represents your health wrapped in a glowing sphere of energy, decide what you might like to change within that sphere. Reach in with one of your hands and change it. Remove things that appear to be issues, add anything that you would like, and make any other changes you desire. As you make each change, watch the energy obey what your hands have done. You can now *see* that that part of your health has changed in the energy field.

Copy and Paste

Next, using one hand, create another sphere of energy somewhere in your working space that contains the image of your ideal physical health. Imagine what that would look like, and then wrap it in a colored energy sphere. You will now have two spheres in your working space. Take a good look at the energy field that represents your ideal health. Decide what aspects of that health you might want to copy over to the other energy sphere (your current health). Reach in with a hand and grab the energetic structure of one of those

aspects that you wish to "copy." Wrap it in a tiny sphere to make a copy of it, remove it from the one sphere, and "paste" it into the other. As you paste it, see that the energy field that represents your current health changes to take on the new property that you have copied. Do this "copy and paste" action with as many different aspects of your health as you desire.

The Merge

Normally, you wouldn't use "copy and paste" between two spheres and then merge them together. But to give you experience with all of the modes of working with energy spheres, we're going to do this anyway. So grab each of the two energy spheres in front of you, one in each hand. Slowly but firmly draw them together. You are going to merge the energy of your ideal health with the energy of your current health. In this example, there could be a lot of detail in those energy fields that you aren't paying attention to, so you don't really know what aspects of your health might be affected by this merge. Since you are only merging your current health with your ideal health, I expect that the outcome will be beneficial in some way. For the purpose of this exercise, go ahead and merge those two energy spheres until they are one —a single sphere containing a merged energetic structure that represents your physical health. *Feel* good changes in your body as you do this. Look at the merged energy in the final sphere. In your mind's eye, it may not look like your ideal health, but it is definitely better than what you started with.

Expand It

Reach out with both hands and grab the sides of that merged energy sphere. Pull outward and expand the sphere, maybe to the size of a basketball or a beach ball. Feel the strength of that energy increase as you do this. The energy field is bigger, stronger, more able to produce the desired changes.

Snap Into Place

Now, with both of your hands, pull that large energy sphere into your chest. Insert it right into the center of your chest. As you do this, feel the effects of better physical health enter into your body. When you position that ball of energy fully into your chest, it will reach a point where it "snaps" into place. Feel it "click." At the same time as you feel the energy sphere "click" into place, *see* it dissolve within you. Your hands are no longer on it. Allow yourself to deeply *feel* the effects of improved health as this energy dissolves

into your body.

Shrink It

Take a deep breath and relax. You might need a moment before moving on. We have a few more concepts to practice, so let's create two more energy spheres. When you are ready, visualize what your physical health looks like now. I want you to see it in split form now. In your working space, just off to your left, see an energetic structure that contains any negatives that are still present in your physical health. Use one hand to wrap that unwanted energy in a sphere to contain it. A little to your right, see a structure that represents your ideal health again. This might look a little different than it did a few minutes ago. That's a good thing, as it's indicative of the changes you just made. Using your hand, wrap that ideal health image in a second energy sphere of any color you choose. Now look back at the sphere that contains negative conditions about your health. You don't need that anymore, so let's shrink it! Reach out with both hands and squish that sphere down until it's the size of a golf ball. Allow yourself to feel how the power of this undesired energy over your life has diminished as you have shrunk it.

Cast Away

The sphere of unwanted health energy is now small enough to throw it. So grab it in the hand you throw with. Forcibly pull it out of the space it's been hanging in. Pull back your arm and fling that sucker clean out of your working space! See the little energy ball crash through the surface of your magickal working space and disappear into the distance. Your working space immediately closes again around the point it exited. If you like, visualize that tiny sphere of negative energy exploding once it's far away.

Fill the Space

Next, grab the remaining energy sphere with both hands. This is the one that contains your ideal health as you now see it. Pull the sides of the sphere apart to grow it larger and larger. That image of yourself with ideal health is growing until it is life-sized. Grow it until it fills your whole working space. It is as if this energy absorbs you as it expands.

Energy Pill

To finish up this exercise, you have one more concept to practice. Reach out

with your hands again and take the sphere of that wonderful health energy that you just expanded, and shrink it back down again. Make it smaller and smaller. As it gets smaller, imagine that you are concentrating it's energy rather than diminishing it. Concentrate it into a sphere the size of a ping-pong ball. Now grab it in one hand and bring it to your mouth. Insert that energy pill into your mouth and swallow it. Yes, you can swallow a sphere of energy the size of a ping-pong ball! As that beautiful, healthy energy descends toward your stomach, feel it expand outward, filling your body and dissolving into it. Let yourself *see* and *feel* your physical health improve until you *know* that it's improving. And when you're at that point, completely *let go* of it. Nothing has to change. It's already done!

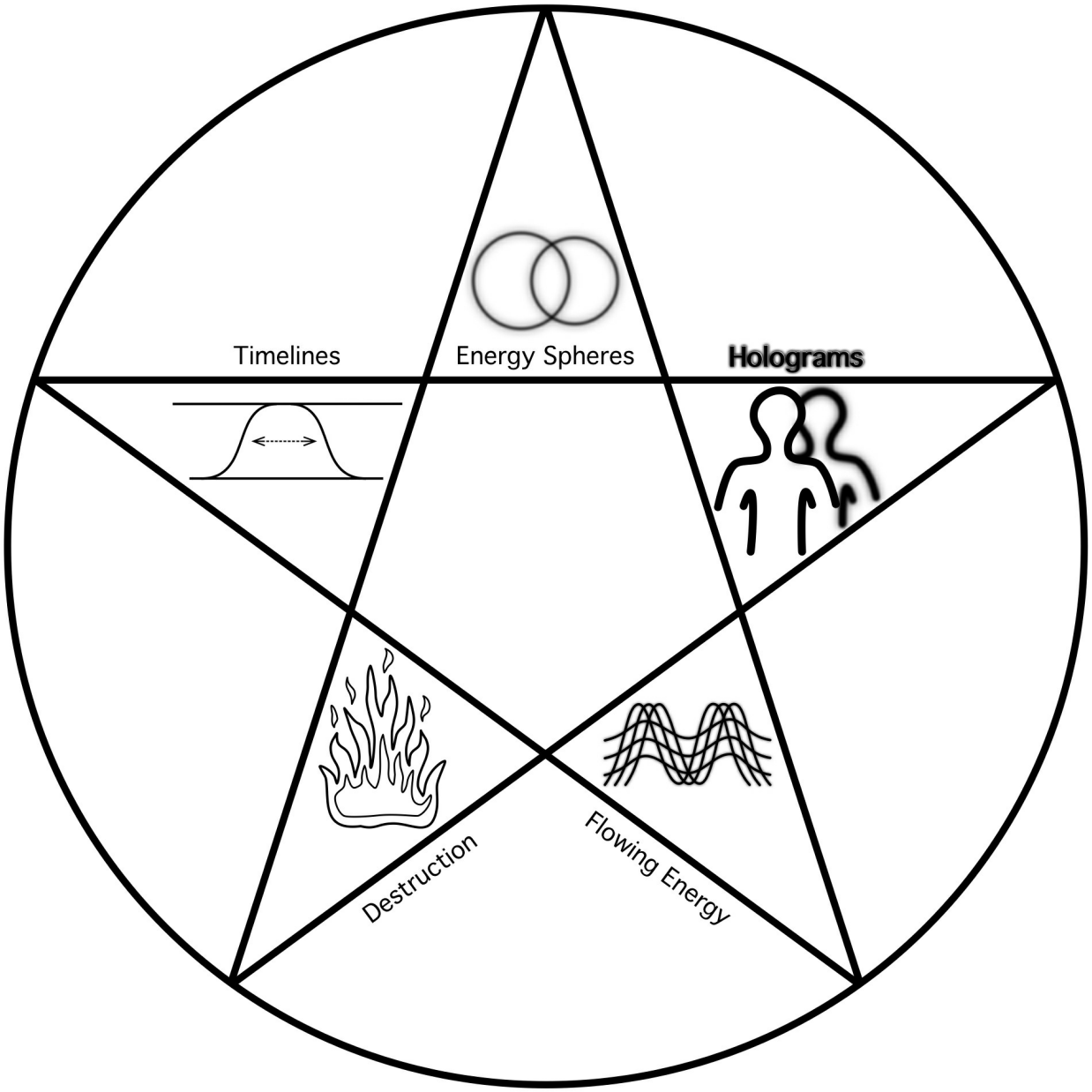
Congratulations, you're finished! Before you just move on, remember that you still have a magickal working space in place. There is nothing specific you have to do with it—just uncreate it or dissolve it in a simple fashion. One way to do this is to begin walking out of your working space, place your hands on the inner surface of the sphere, then press against it and feel the sphere dissolve on contact. Saying "Dissolve!" or "Done!" may make the vision of its dissolution come more naturally.

You may be thinking, "Energy spheres are great, but how do I know which sub-method to use?" The answer to that question depends on what you are working on and what your purpose is. These are concepts you are already familiar with—moving, merging, copying, pasting, shrinking, enlarging—so the situation you are working on will probably present to you the obvious path to making the changes that you intend. Let your inspiration guide you. You *can* feel inspiration. We all can. Set your intention and go to work to make the changes you desire. Trust that you will know what to do as you approach it with magick. If you truly don't feel any guidance, just use common sense to decide which methods to use to accomplish your purpose. Don't worry about doing it "wrong." Just trust.

6. METHOD #2: HOLOGRAPHIC REALITIES

The world is a holographic universe, with every piece containing the whole.

—Marianne Williamson



Why Holograms?

Energetic holograms are extremely useful for magickal purposes. A hologram is just a 3-dimensional representation of something real. Generally, it appears as just the outer shell of the thing it represents. While magickal holograms are most useful for working on people (such as for healing work), you can also use them on objects. The examples of using holograms in this chapter will be for people, either yourself or someone else. You can use energetic holograms for working on the body, the mind, the emotions, the psyche, or really any aspect of a person's *Being*. They are also quite useful for distance magick such as remote healing work.

The idea of a holographic reality is that it is an energetic *image* of something real. Think of actual holograms you've seen, perhaps in a science museum. The "picture" of the object is there, but in a more "spiritual" form. It is like the *essence* of the object. It is this spiritual substance, this energy, that you work with using magick. Then, when you are finished, you install that energy back into the person or object that it represents, thus initiating the desired changes.

Some say that we live in a holographic Universe. I don't know if that's really true in a scientific sense. However, I do know that holograms are useful energetic structures for manipulating reality. You can think of them as similar to energy spheres, but rather than *containing* energies that represent reality, they themselves *are* the energies that represent reality. It can be handy to have a 3-dimensional image of someone, especially someone who isn't present with you, in order to reach inside of that image and make changes using magick. So let's discuss how to create these holographic energy structures.

Creating Magickal Holograms

You're going to use your hands to create energetic holograms, of course! There are a couple of simple ways to do this.

Made from Scratch

One way is to first create your working space. Then, think of the person that

you will be working magick on. This could be yourself, someone in the room with you, or someone far away. Bring both of your hands out in front of you. Having a clear picture, thought, or feeling of the person in your mind, form a hologram of that person with your hands. Start at the person's head and extend down toward their feet. You don't need to bend down or touch the floor. You can just use your hands to guide the forming of the hologram in your mind. (See Figure 6.1)

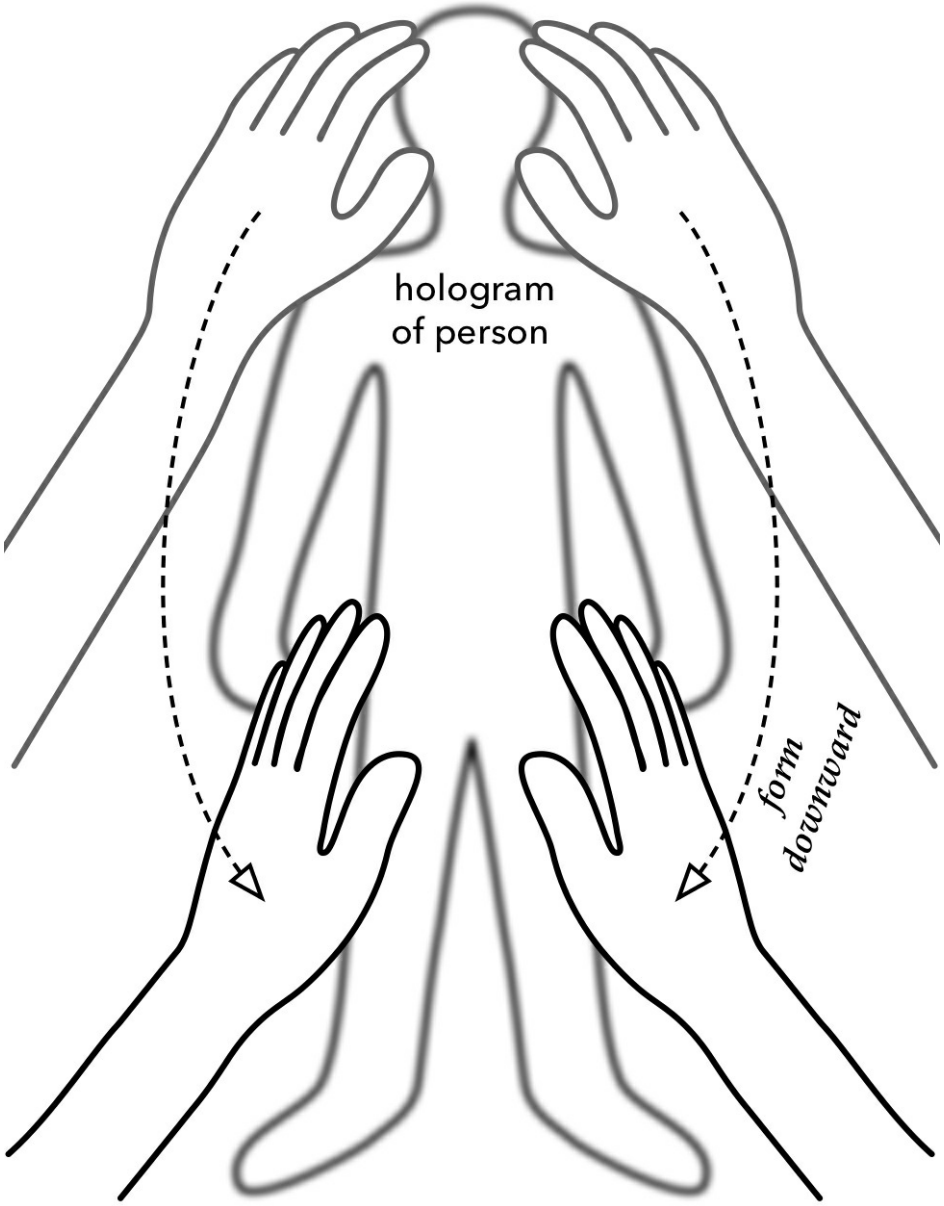


Figure 6.1 — Making a hologram out of thin air

You can make the hologram life-sized or smaller if that's more convenient.

Either way, see that the hologram you have just created in your mind's eye represents the person you are working on clearly and directly. It should only symbolize a single person. Again, this can be yourself or someone else. You don't have to visualize the individual perfectly. I like to see energetic holograms as a shell of indistinct glowing energy (often in blue) in the likeness of the person I'm working on.

Observe the hologram you have created, and notice that it is a clear rendition of the individual. This energy structure is what you will work with, in, and around throughout your magickal session. Try moving around a bit so that you can see the hologram from different angles. If you are working on a relationship, you can create multiple holograms at once. However, I find it easier to work with just one holographic structure at a time. It keeps the magick simpler and more focused. Once you have created the hologram (or holograms) you need for the magick, it will be immediately ready for you to work with.

Make a Copy

A second way to create a magickal hologram is to start with the real person (or object) that you're going to work with and then create an energetic "copy" of them. This is actually my preferred way to create a hologram. Why would you want to work with a hologram when you have the real person right there with you? Because it can be easier to do the magick. And I'm all about making magick easy.

Sometimes working with an energetic structure that represents something—even something right there in the room with you—allows the magick to flow more freely and gracefully. Then, when you are finished making all the desired changes to the hologram, you install it back into the person (or object). This is especially useful for magick that you are working on yourself, as it can be difficult to work on certain aspects of yourself directly. For example, let's say you want to heal your own back. You can create a hologram of yourself, look at your holographic back, work with it as you like, and then install that hologram into your body when you're finished.

To make a holographic copy of a person that is in the room with you, first be sure that your magickal working space is large enough to contain both the person you are doing the magick for and their holographic image. If it's not large enough, use your hands to expand it a bit. A good way to

holographically work with someone who is present is to create the hologram right next to them, work on the hologram, and then insert it back into them when you are done. To do this, place both of your hands on the person's body. The top of the head or the shoulders is a good place to start. Now, make a holographic copy of that person in your mind's eye, overlaid on the person's body. Give a quick, small jerk or shake of your hands to indicate clearly to your subconscious mind that you are making an energetic copy of this person. The hologram is then created and in your hands. Pull with your hands (letting go of the person's body) and remove the holographic copy you just made. Move it over and position it next to them, giving yourself enough space to work with the hologram. (See Figure 6.2)

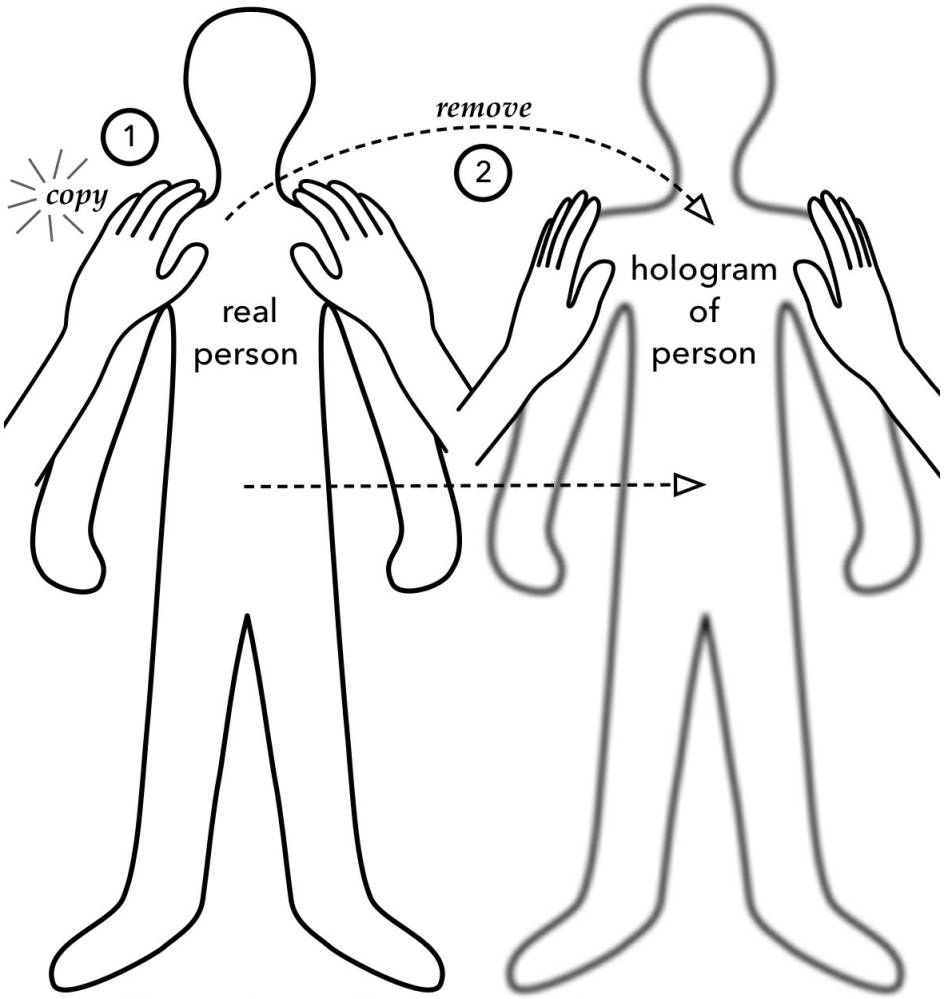


Figure 6.2 — Creating a hologram as a copy of someone and then moving it aside

Before you begin to work with this hologram, see it clearly in your mind.

Note its size and color. Look at which way it is facing and how it is positioned. If it helps you to see the hologram better, move around a bit to examine it from different angles. This confirms to your subconscious mind that you really are looking at an energetic representation of the person you are working on. If you are working magick for two people that are in the room with you (on their relationship), you can make a hologram for each of them. In this case, you might want to have the people sit or stand outside of your working space and move only their holograms into your space. When you are done, you can remove the holograms from your working space and insert them back into the individuals. You have options. If something is more convenient or practical, then adjust for it.

To make a hologram of yourself for the purpose of self-work, you would perform a similar action. Inside of your magickal working space, place both hands on your own body (your chest or the top of your head works). Then make a holographic copy of yourself. Use the same quick jerk of your hands to make the hologram, and then use them to move it into your working space in front of you. Feel free to turn your holographic body as necessary or walk around it if you have the space.

You can now work on yourself as a hologram, and then insert that hologram back into yourself when you are done. Feel free to work on any aspect of yourself—your physical health, your weight, your levels of stress or peace, your beliefs, your feelings, your emotional blocks or issues, your psychological well-being, your wealth—anything really. There is no limit to what you can do! I have found that holograms are a very useful way to work on myself without limitations.

You can also make a holographic copy of a person who is *not* physically present with you. Use a picture or other portrayal of the person you wish to work on. With your hands around or on the image, make a quick jerking motion to create a holographic copy of the person in the picture. Pull the hologram out and place it in your working space. Realize in your mind that this is just as powerful of a representation of that person as if they were present with you. Alternatively, you could just visualize the person in your mind, put your hands on where that vision appears to you, and then make a holographic copy from that.

Yes, you can also use a doll or stuffed animal to represent someone for

remote work. Mind Magic doesn't typically involve real objects unless it is the object itself that you are working on. But, if you want to use a physical surrogate for your magick (like a doll), you can do this: Form a holographic representation of the person overlaid on the surrogate object. Then, work with that object and the overlaid hologram at the same time. When you are finished, remove the hologram from the surrogate and insert it into the real person, even if they are not present. The details on how to do this are given later in this chapter.

Working With Holograms

There is only one sub-method for working with energetic holograms. It basically involves reaching into it with your hands and making the changes that you desire to make. However, holograms can be used in a variety of ways when combined with other Mind Magic methodologies. We'll get to that in Chapter 10.

Remember that as you work with energetic holograms, you are controlling what you are "seeing" in your mind. As you make changes, *see* that those changes are made. You created the hologram. Therefore, you can alter it however you wish to. It *must* obey you, for it's in *your* mind. Oh, and if you've created multiple holograms, be sure to keep track of which one is which!

Change It

This is similar to the "Change It" sub-method of energy spheres. Use one or both hands to make the desired changes. Make as many changes as you like to the hologram until you decide that you are finished. Then wrap up the magick with one of the closing sub-methods as described in the next section.

How To Do This: With an energetic hologram already created and clearly representing the person (or object) to whom you are directing magickal intent, take a good look at the hologram. As you did with energy spheres, use the mental concepts of add, change, and delete. Determine what you would like to change, then reach into the hologram and make those changes, one by one. (See Figure 6.3)

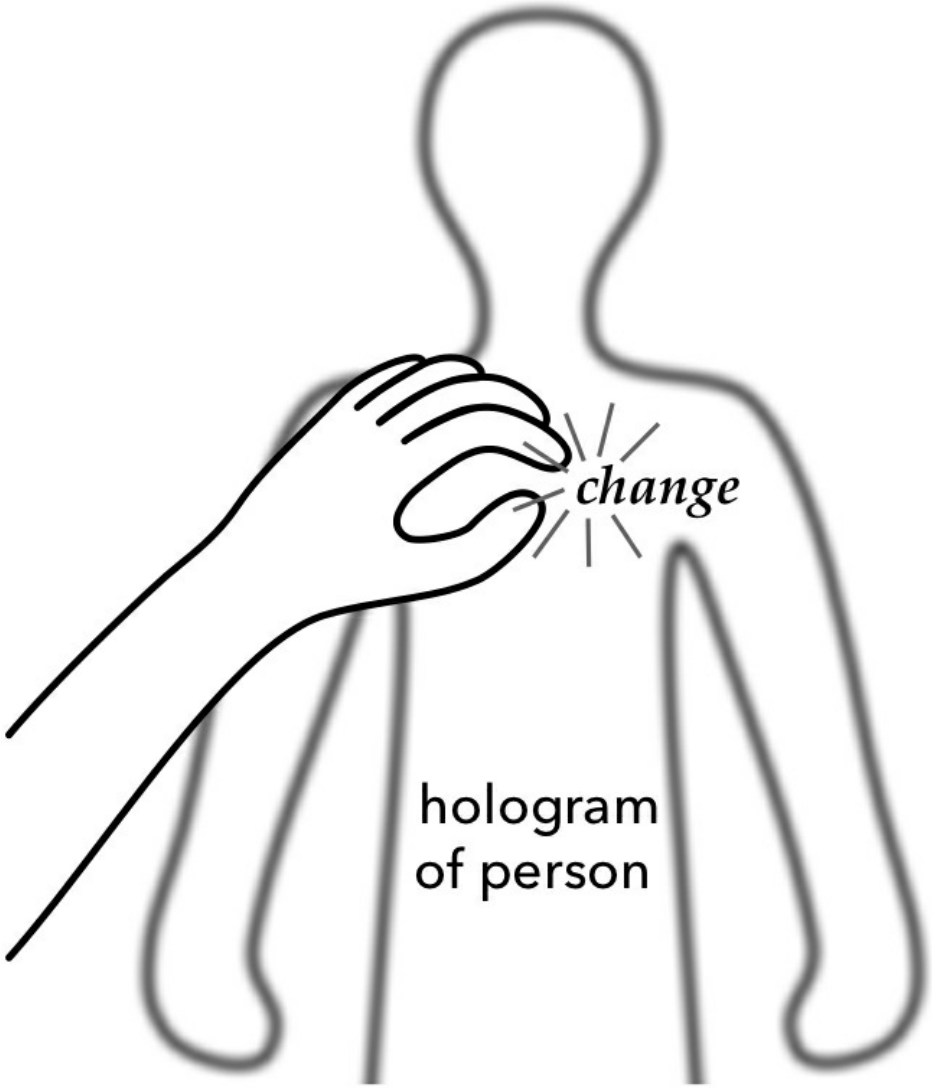


Figure 6.3 — Changing energy structures within a hologram

How should you determine what to change? Here are some tips: If you are working on someone's energetic hologram, that field of energy is linked to that person. You will *feel* that link. Depending on what your intent is with the magick, you may "see" things in the hologram. Take a moment to look at it. Allow yourself to just *see* what appears to you. If you are working on the person's physical health, you may see negative aspects of health in the hologram. These might appear as shapes, dark clouds, energetic disturbances, dangerous animals, or mysterious creatures. Reach in and grab those energies that clearly appear to you as negative, and forcibly pull them out of the

hologram. Throw them clear out of your working space. You can also make changes to energy structures that you observe. In the hologram, you might see things that definitely should be there, but they look "off"—that is, something is clearly wrong with them. These are the items to reach in and adjust. Change them. Make them look the way they are supposed to. Snap them back into place. Do whatever it *feels* like you should do to those energies. You can also add energy structures to the person's hologram. If something seems missing, or you feel that you need to add some kind of beneficial energy to the hologram, imagine you are bringing that energy in with one or both hands. Insert it into the hologram. Then look at how it fixed the issue. Continue in this fashion, making whatever improvements you see are needed. Work with the holographic representation of the person (who might be yourself) until it appears the way you intend it to be. Feel free to use the optional power words as you make the changes. Remember to *see* and *feel* each modification as you create it with your hands and your mind. The *knowing* and *letting go* steps of Mind Magic can come at the end, after you've made all the changes you desire to.

Optional Power Words: "Change!", "Remove!", "Install!"

Example using "Change It": Let's say you're working magick on a friend who gets frequent headaches. You may start by placing your hands on their head to create a holographic copy of this friend's energy. You then take a good look at the energetic hologram you've made. You look at their head (the hologram's head) to see what is there. You see a chaotic black cloud hovering just behind their forehead. You reach in and pull that cloud out, casting it away. Next, you notice that there's a connection to the person's stomach. You might see this as a pulsating or throbbing stomach, or you might simply see a connecting strand between the head and the stomach. Remember that the body is holistic. No part of it exists independent of the other parts. This connection might indicate that the headaches are coming from something in the person's diet—something they are physically reacting to. So you reach into their stomach (of the hologram, of course) and adjust what you see wrong there. Next, specific foods come to mind. You might see these in the location of the stomach, or they may simply come to you. Follow your inspiration here and allow your subconscious mind to reveal things to you. It might show you foods that should be removed from the person's diet. Reach in with a hand and remove the energy of those foods from their

stomach. You might see foods that should be added instead. Or, if you work with alternative medicines like herbs or oils, you might see those. Grab the energetic structure of each of the items to be added and insert them into the stomach. Let's say you then see that there is some connection with the person's heart. You identify this as stress energy wrapped around their heart. It could be that this has been contributing to their headaches. Reach into the heart of the hologram, grab that structure of stress, and cast it out. At some point, you will feel like you are done making changes. This could be indicated by noticing that the headaches are gone from the person's head (of the hologram). Or you may simply notice that the hologram now appears as you'd like it to look. This is what you were aiming at, so you can finish up the magick with one of the closing sub-methods. Note here that I am not suggesting that you give people dietary advice as part of your magickal effort. What you see visually while working magick doesn't mean it directly corresponds to what should be done physically. Magick can be very strange. You might have been inspired to insert the energy of a fox into the person's stomach. That doesn't mean they should go out and eat a fox! Use your judgment here, and be careful giving advice to people.

When you are doing healing work of any kind, it's best to begin with your intention to heal and allow two-way communication (with the Universe) during your healing session. Health can be extremely complex—whether it's physical, emotional, mental, or spiritual health. Getting feedback from the Universe to guide you in what to change is quite important for working powerful healing magick. You do have the ability to receive the necessary inspiration. Trust in this! Also note that when you are working on others, you may bump up against their own beliefs, emotional blocks, or other issues. You can do a lot for another person with Mind Magic, but sometimes they may hold onto an issue that prevents you from making your maximum impact on them. The other person may even be resistant to your magick, either consciously or unconsciously. When you are working on yourself, however, you are more in control. If you have your own emotional issues or blocks that are in the way, you have power over them! You can decide to let things go. YOU make the decisions for YOU! I find that magick flows more freely when I'm working on myself, especially compared to working on someone who is resistant to the magick.

Finishing With Holograms

When you are finished making all of the energetic changes you desire to your magickal hologram, complete the magick by installing those changes into the person (or object) represented by the hologram. There are a few ways to accomplish this, depending on whether you are working on yourself, working on someone (or some *thing*) that is present with you, or doing distance magick.

Step Inside

If you've been working on an energetic hologram of yourself, you can use this sub-method to bring closure to your magick. This concept involves stepping into the holographic image of yourself which you have created and becoming "one" with it.

How To Do This: Once you are done making all the changes you would like to your hologram body, take a good look at it. *See* that your hologram is retaining all of those changes which you implemented into it. *Feel* what it's like for your holographic "self" to have those changes already in place. See how good that holographic image of yourself feels now? Is it smiling? Now walk around the hologram (if necessary) so that you are facing the back of your holographic body. Physically step into the place where your holographic self resides. (See Figure 6.4)

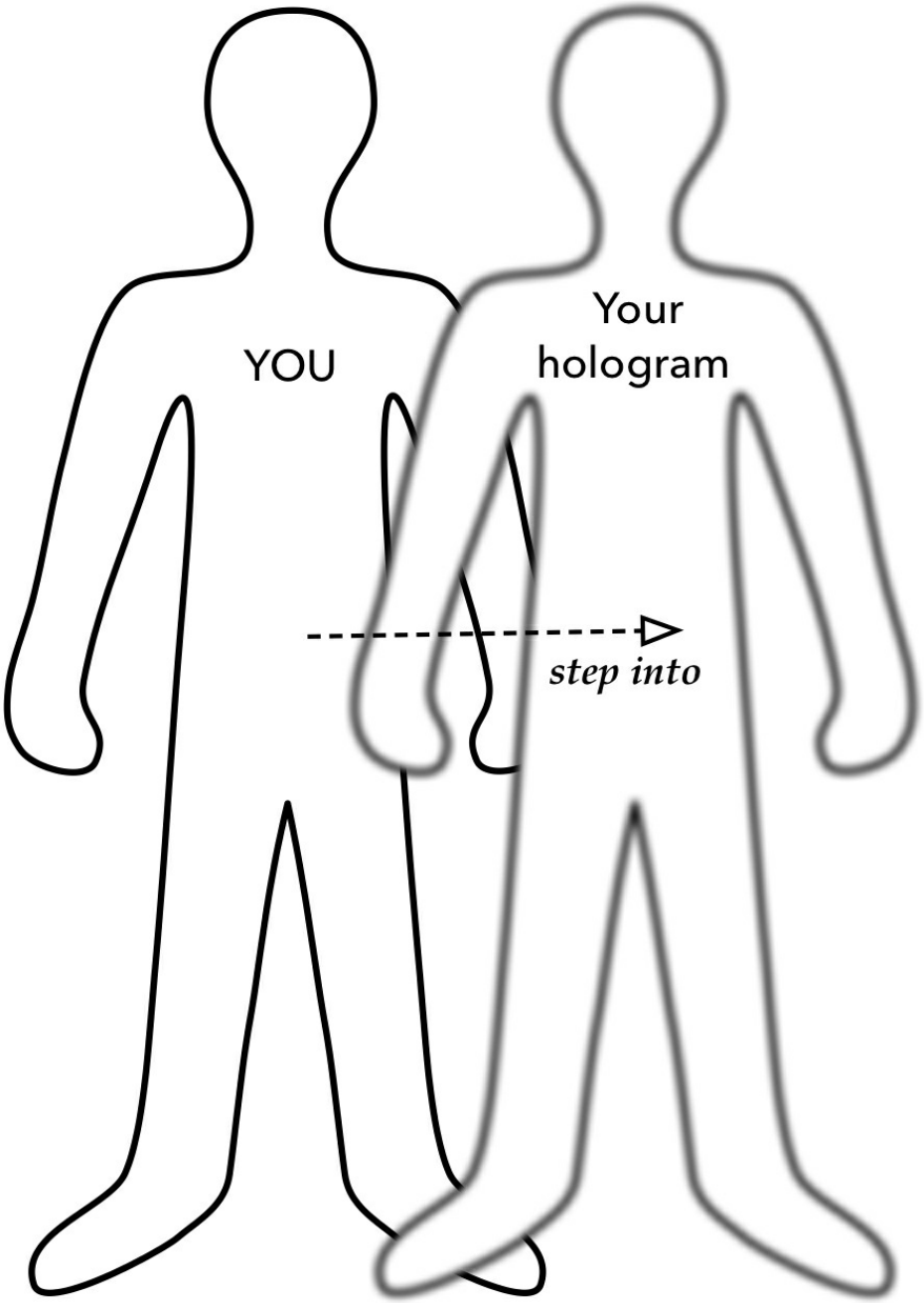


Figure 6.4 — Stepping into a modified hologram of yourself

As you do this, you are becoming *one* with all of the energy in that holographic reality. Your energy and the hologram's energy are merging. Imagine that you are becoming your "better self" as represented by the hologram. If you can feel them strongly, speak the power words as you step

into the hologram. Next, begin to *see* your reality from the perspective of being *within* that hologram—as if you are seeing out through the eyes of your hologram. Stand there for a moment, feeling the merge of your energy with your hologram's energy. The modified energetic structures of your holographic self are replacing the corresponding structures within your real self. If there are any opposing energies in your reality, feel them being easily pushed out by the new energies of your holographic self. They are leaving. They are gone. It's like you are becoming a new person. Allow yourself to deeply *feel* this happening until you *know* that the reconfiguration of those energy structures is complete.

Optional Power Words: "This is ME!"

Pull It In

Another option for finishing up with a hologram of yourself is to pull it into yourself. This involves bringing your holographic self into your real self. You are still merging the energies of the hologram into yourself, but it's more like you are absorbing them rather than merging with or becoming them. This may be more useful if you have just made a few small changes to a hologram of yourself, and now you want to "install" them.

How To Do This: As with the "Step Inside" sub-method, examine your holographic self once you have made all the changes to it that you desire. *See* and *feel* that the hologram retains the energetic structures that you modified. Reach out with both of your hands and grab your holographic self (on the shoulders or sides of the body). Then pull that hologram into your physical self. If the hologram you created is a smaller representation of you, then enlarge it as you pull it in. As the hologram enters into your body, feel the structures of its energy field penetrating into your being. When it has entered fully within you, feel it "click" into place. This is where you would speak a power word, if desired. *See* your new reality from the hologram's perspective. *Feel* yourself absorbing the energy of the hologram into your physical, emotional, or spiritual self, depending on what aspects of yourself you modified within that hologram. Allow its energetic structures to be absorbed until you feel that all of it has dissipated into your being. Deeply *feel* the effects of those changes within yourself until you *know* they are complete. Then *let go* of needing anything to change.

Optional Power Words: "Absorb!" or "Activate!"

Insert It

If the hologram you've been working on is a representation of someone (or some *thing*) else that is present in the room with you, then use this sub-method to bring closure to the magick. The concept here is simple. You are just inserting the hologram back into the person (or object) that you created it from, installing all the desired changes at that time.

How To Do This: After you have made all the modifications to the holographic reality that you've been magickally working on, take a good, long look at it to see that those changes are most certainly in place. With this feeling of completion, grab the hologram with both hands and move it toward the person (or object) that you created it from. Insert it into the person in a similar way to how you removed it from them to begin with. (See Figure 6.5)

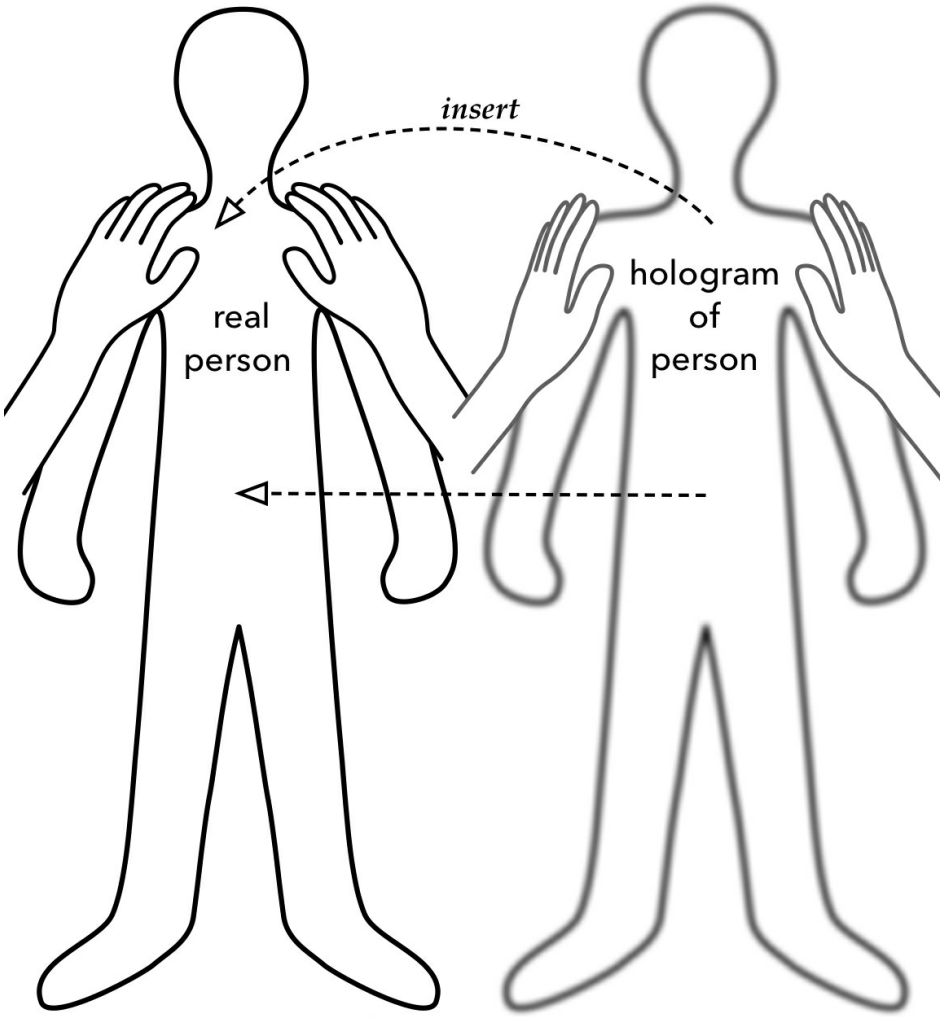


Figure 6.5 — Installing a modified hologram back into someone

Once you have inserted the hologram all the way into the person so that it overlaps their physical body, give a quick jerk or shake to your hands as you did at the start. This indicates to your subconscious mind that you just made a successful installation of these energies back into the person they were intended for. Say any power words at this point of installation (if desired). Look at the person, and watch the energetic structures of the hologram penetrate their being and spread within them. These new energies are taking over any similar structures within that person, casting out any conflicting energy in the process. Allow yourself to *see* that the entirety of the hologram has dissipated into the real person. Deeply *feel* the completion of the installation of this energy until you *know* it is done.

Optional Power Words: "Insert!", "Absorb!", or "Activate!"

Insert It Remotely

Use this sub-method if you're doing remote holographic magick, such as distance healing. It's the same concept of re-inserting the hologram into the real person (or object). The difference is that they aren't with you, so you have to insert it *remotely*.

How To Do This: Go through the same process of seeing and feeling that all the modifications you've made to the hologram are in place and being effectively retained within that hologram. If you originally created the hologram from a picture or other representation of the person, grab the hologram with both hands and insert it back into that picture, knowing that you are really inserting it into the real person portrayed by the picture. If you created the hologram only from an image of the person in your mind, here is how you can insert it back into that person: Grab the hologram with your hands. Imagine in your mind where in the world that person actually is right now. Then, cast the hologram out of your working space into the world. In your mind, see it travel far and wide until it reaches wherever the person is at. You don't really have to know where that person is at this moment. It's enough that your mind sees the hologram reach the person, wherever they are. When it finds them, watch it get absorbed into their being.

Alternatively, if you are using a doll or other physical surrogate for the person you are working on, then grab the hologram that is overlaid within the surrogate. With both of your hands, pull the hologram out of the surrogate and cast it out of your working space into the world until it reaches the real person. Yes, you can create a hologram from a picture and place it into a surrogate, work on it as you will, and then remove it from the surrogate and install it back into the picture of the person.

The important thing in bringing closure to this magick is that you *see* the energetic structures which you altered within the hologram actually get inserted into the real person. *See* in your mind the completion of this energetic installation into the individual it was intended for. It is at this point that you would say any power words.

Since you are doing distance work here, the visual part of this may be more difficult for you. It is important that you *feel* the connection to the person you have done the work for, and that you *feel* that the changes you made to the hologram are actually being made to them. Stronger feelings can make up for

what you may lack in vision here. Trust those feelings. The four steps will be sufficient. *Know* that it's complete, and totally *let go*.

Optional Power Words: "Insert!" or "Activate!"

Put It Into Practice

As I stated earlier, there aren't many ways of working with holograms on their own. But when you combine them with other methods (coming in Chapter 10), they are quite versatile! For now, let's do some fun magick with holographic realities. Since the sub-methods for holograms are split between working on others and working on yourself—and to avoid the assumption that you have someone whom you can work on—this practice will stick with the self-work concepts explained in this chapter.

Go to a room where you can have some time to be alone and some space to work (or "play"). Choose where your magickal working space will be. Also choose what you would like to work on about yourself. This could be healing work, emotional work, or improving yourself mentally, financially, or in some other way. It could also be a particular goal or desire of yours. For this exercise, choose one specific thing to work on. Be specific and clear about it in your mind. Reach out with both of your hands and create an energy sphere to work within. If you will be standing for this exercise, you might want to create a cylindrical working space instead, as that is useful for holographic work. Ensure that your working space is large enough for both your physical body and your hologram body. Step into your working space (if you didn't create it around yourself). Now you are ready to work with holograms.

Make a Copy

Touch your hands to your chest. Imagine you are making a holographic copy of yourself. Feel an intense but quick jerk in your hands as you create that copy. Now grab hold of that hologram, pull it out of your body, and position it in the center of your magickal working space. See it there for a few moments. Take a good look at this energy that represents *you*. Now focus again on the specific change you desire to make for this exercise. Whether your desired change is a personal goal or an improvement on some aspect of your being, as you focus on it, see what you notice in the hologram you are looking at.

Change It

Is there anything that jumps out at you as an obvious contradiction to your intent? If you see any qualities of your hologram that are the opposite of what you desire, then remove them. These undesirable energy structures could appear anywhere in your holographic body—even near or around it. They might look like dark clouds, dangerous animals, harmful objects, or anything that you would interpret as negative. Or you might just get a sense of the negative aspects that are there. It doesn't have to be a clear vision—a simple awareness is enough. Identify and locate each negative energy and remove it. Reach into your holographic self with a hand and grab the vision of that negative aspect. Pull it out of your hologram, and cast it clean out of your working space. As it penetrates the wall of your energy sphere or cylinder, see it pass through. The wall then seals up, preventing that negative energy from entering back into your space. Look at your hologram again. Is there anything else that is against your desire or goal? One by one, pull each of these negative aspects out of your hologram and cast them away until there are none remaining.

When you're ready, take another good look at your holographic self. What qualities do you see that don't need to be removed but should be adjusted to be more aligned with your desired change? Is there something you'd like to modify a bit? Reach into your hologram body with a hand again and take hold of that aspect of yourself. Adjust it with your hand until it looks like what you would expect it to be if the desired change or goal was *already in place*. This is as easy as causing your hand to interact with your mental vision. You created that mental vision, so you certainly have the power to alter it! Simply adjust your vision by using your hand. Just get in there and modify that aspect of yourself until it looks the way you choose it to be! When it matches what you desire, the change is done (in the hologram, at least). See if there is anything else that needs to be adjusted. Make all the changes that you feel are necessary until all the existing aspects of yourself in the hologram match what you would expect if the desired change was *already done*.

Now look at your holographic self again. What aspects could you add to yourself to see a better match between your hologram and your desired goal or change? Imagine an aspect or quality that would be helpful. See it within one or both of your hands. Then, insert that energetic structure into your

holographic body. Depending on what it is, you might insert it in a specific place—at your head, your heart, your chest, your belly, or wherever. If you see another quality that would be useful and is in line with your desired goal or change, insert that one as well. Do this with as many qualities as you see fit to add.

When you are done, your hologram self should look like you would expect yourself to look with the desired changes already completed. Your holographic self will *feel* like it already has those aspects. If you need to make any final changes, go ahead and do that. You can make these changes in any order you choose—removing negative energy structures, adding positive ones, and reconfiguring anything that appears to be "off." Feel free to keep going until the changes *feel* complete.

Step Inside

When you are sure you have finished making changes, take a look at the hologram of yourself in front of you. Is it smiling now, feeling the power of the change that was just made? Walk around it a bit. Look at it from different angles. What does it *feel* like to see yourself in this new reality? How *good* does that feel?

To complete the magick, walk to the back side of your hologram body and enter into it slowly. *Feel it* as the hologram penetrates your real body. *Notice* that the changes immediately begin to take place. *Step fully* into that holographic body until it overlays your real body. *Feel* the hologram you have modified "clicking" into place. You are now one!

Now look around. See reality around you as if you are the hologram of yourself. You are seeing out of the eyes of that hologram. You are that energy that has already been changed. Dare to observe from your hologram's perspective. How has your reality changed? *Look at it.* How good is it now? *Feel it.* Stay there for as long as you need to, feeling the unity of your self with the holographic energies you have just modified. Allow them to seep into your being until you have fully absorbed them. At this point, if you feel confident doing it, you may want to say the power words, "This is ME!"

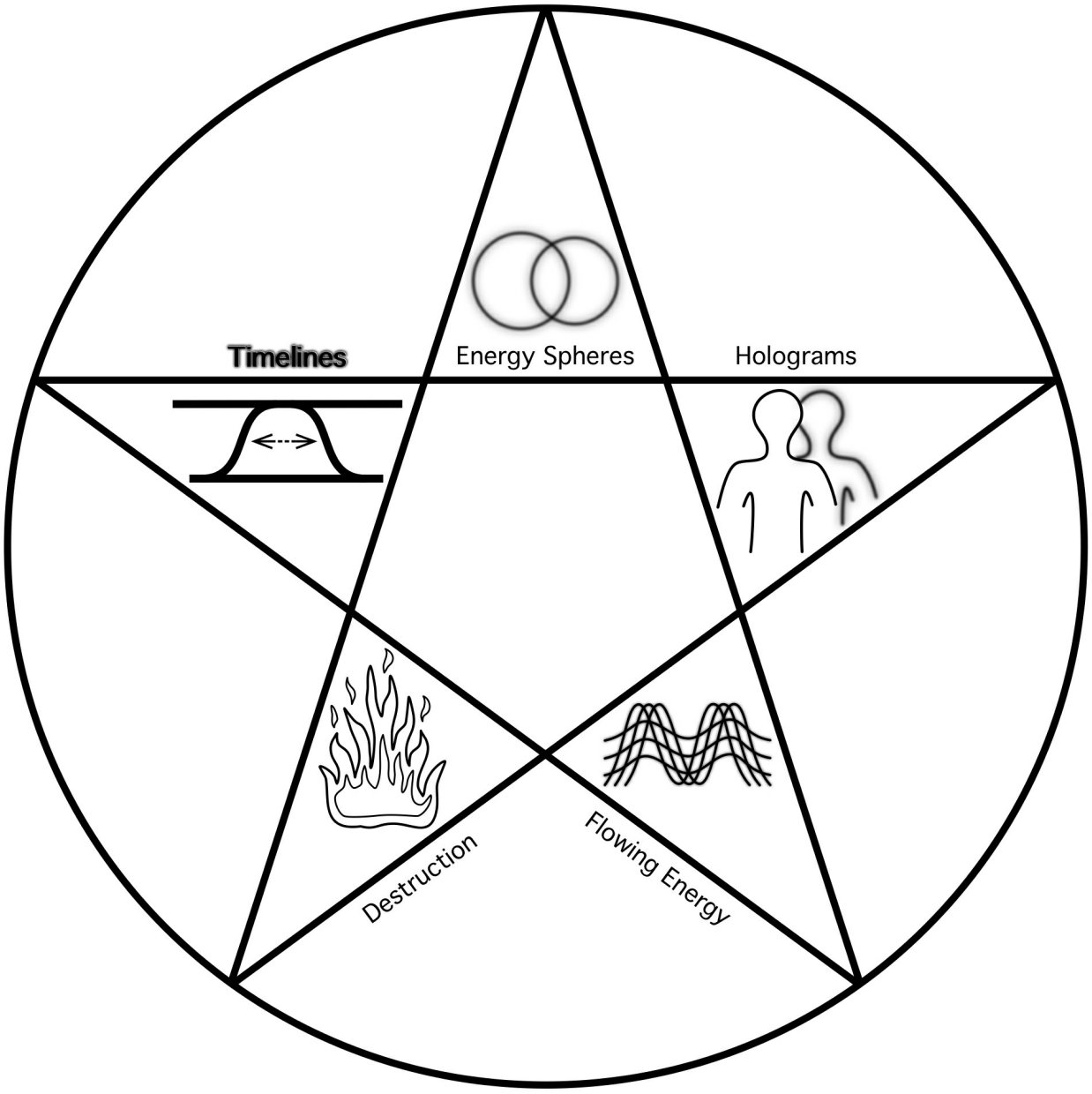
Congratulations! You may have just worked your first magick using holograms. Or maybe you've done something like this before, only now you have a structured method for doing it. Imagining things as holograms and

working with them can come quite naturally. I think a lot of children tend to visualize things this way and then play with those visions. So relax and enjoy this! It's like being a kid again. Have fun with your holograms! Adding the energy of fun to this magick only increases it's power and effectiveness, as it helps you to be more relaxed and in a playful state of mind.

Always remember to clean up your magickal working space when you are done. Again, this can be accomplished quickly and easily. You can step out of it, collapse it, and ingest it. You can let it explode outward and fill the room. Or you can just easily dissolve it as you exit. It serves you, not the other way around, so clean it up however you choose.

7. METHOD #3: PLAYING WITH TIME

The Past is but a memory.
The Future is a realm of possibilities.
The Present is all there really is.



The Greatest Secret Of All Time

This is a long chapter, as there is a lot of ground to cover about timelines—starting with a discussion about time itself. Stick with me here! Timeline magick is crazily powerful! It will be worth the effort you put into reading and practicing this methodology.

Time is a strange thing indeed. Physicists have argued for many decades about the nature of time. Some of them are still arguing! The great thinker and scientist Albert Einstein considered that time was a dimension inexplicably interwoven with the dimensions of space—thus the term *spacetime*. He also said, "Time and space are modes by which we think and not conditions in which we live." In other words, he stated that they are useful mental concepts for us and not actual realities in and of themselves. I'm not trying to get too scientific here, but the notion he expressed is that we create the idea of time in our thoughts—in our minds.

On another occasion, Einstein said, "The only reason for time is so that everything doesn't happen at once." While I find this a bit humorous, there is great meaning in it. I believe he thought deeply before making such a statement. Everything *does not* happen at once—at least not from our perspective. What we perceive happening around us in day-to-day life is "change." We perceive such changes as *sequentially ordered events*. We use time to identify when those changes occurred or (in the case of future events) when we expect those changes to occur. Time is therefore a useful tool for us to explain what *once was* and what we expect *will be*. In other words, time allows us to qualify events as either done and unchangeable ("past") or expected as probabilities and possibilities ("future").

So let's take a closer look at the idea of time. What is it? It is a way for us to measure our perception of changes in the world around us—or in the whole Universe! Why do we need this? Because of the idea of *change!* Everything in the Universe is always changing. If we didn't have a way to identify a previous state of existence (how things were) or an expected state of existence (how things might become), we would be at a great lack for communicating the idea of *change* to each other.

One may say, "Last Friday, I met a friend at such-and-such restaurant." This communicates a message that we all understand. We all agree about when

“last Friday” was—because we have collectively defined it a certain way. It has to do with how many times Earth spun around on its axis since we previously called the day “Friday.” But we could have called it something else. We could have defined weeks differently—or not at all—and it wouldn’t change the fact that the event happened (or when it happened). Calling Earth’s rotation a day, ordering seven days in a week, and naming one of those days “Friday” just gives us a commonly understood span of time for communicating to each other! But that *timespan* is really just a measurement of what has *changed* since then.

Even with the common language related to time, we do not all experience it the same way. For the person talking, the time since “last Friday” may have flown by. For the one listening, it may have crawled. Maybe the talker is thinking it was “just the other day” while the listener is thinking it was a while ago. Even though we use and understand the same terms, we all *perceive* it differently. Haven’t you ever had a day that went either extremely fast or extremely slow, and then you asked someone else if they felt it went by as fast or slow as you felt? We know that we don’t all perceive time passing at the same rate. This is because the flow rate of time (the rate at which it “passes”) is all in our heads! Our perception of how fast time “flows” has to do with our *awareness* of the rate of change. But what if time isn’t “flowing” at all? What if time is just a convenient measurement tool that we use to assess a certain amount of *change* that’s occurred?

If you consider the ideas of *past* and *future* carefully, you will find that they are all ideas of the mind. They don’t really exist anywhere! But oh how strongly we believe in them! Think of the idea of the past. We know the past by two things: 1) memories, and 2) the effects that past states of existence still have on the present. Both the *memories* and the *effects* of the past truly only exist in the *present*. Now think of the future. It is filled with expectations, possibilities, maybe fears and other concepts. But all of those things are just mental ideas as well. They do not yet exist, so they are not certain. These mental *concepts* of the future only exist in the *present* as well. So the Present Moment is all there really is—one continual *NOW*.

Indeed, time does *appear* to flow, just as space *appears* to contain objects. Those objects, at the quantum level, are just vibrations of energy. Likewise, time, when you “zoom in” on it, reveals more of what it really is. Consider the rotation of the Earth. We can measure exactly *how long* it takes to spin

around once, to go around the sun, or to have the moon orbit around us. But these are all based in a system of measurement that we as humans came up with! In reality, the Earth is just *spinning*—present tense. It has a certain *rate of change*. That rate of change exists at a single point in time—right now. Earth is also going around the sun at a certain rate of change in its location (it's orbit). The moon has a locational rate of change as well (it's orbit). Assigning a measurement of time to these allows us to compare them easily, giving us a concept of the difference between them. Really we are just comparing the difference between the various rates of change.

You might say, *Ah, but we have clocks!* Yes, we do. Let's take a closer look at clocks now. They keep track of time. How clever of us! Now we know what time it is, right? We all know that we arbitrarily assigned that measurement as well, for it is always *now*. Clocks are mightily convenient, however, for they keep track of time in a way that helps us to govern our days and to coordinate with others. But what are they doing really?

At a low level, every clock was built based on the principle of something changing at a certain rate. Long ago, it was the rate at which a pendulum was swinging. Now it may be how fast pulses of electrical charge pass through a tracking device. Those who create clocks use the *rate of change* that the clock is based on to translate it into something we can all understand and agree upon. Even the most accurate clocks in the world are based on rate of change. The cesium atomic clock is based on the vibrational frequency of individual cesium atoms. It counts one second for every 9,192,631,770 vibrations because it is vibrating at a highly-consistent rate. This vibration is its *rate of change* and it exists in the *Now*. It is its *present* rate of vibration.

In fact, we could consider any rate of change to be a vibration of sorts. It is the present propensity toward motion of any matter or energy in existence. And we can apply this at any scale. We may even say that the Earth's rotation is a type of vibration—at one cycle per day. Again, this is a *rate of change*, and, like all vibrations, it exists at a single point in time—the Present Moment.

Humanity has constructed the concept of time like a beautiful number line. It is perfectly straight and exactly in order. Zero marks the present moment. To the left, negative numbers increase at consistent intervals, denoting the past. To the right are the positive numbers, also at intervals, denoting the future.

But the case is clear: We never move off of zero! No matter how much we think about the past, write about it, record it, teach it, or even learn from it, we are still at zero. And no matter how much we ponder the future, plan for it, consider new possibilities in it, and structure it in our minds, we again remain at zero. We are *always* at zero—ever in the moment of *Now*.

As humans, we contemplate the past and the future (often too much). But I believe that the infinite creative Power of the Universe—that Power which we utilize in the way that we call "magick"—does not even consider the past or the future. That creative Power exists in the Now! In fact, the whole Universe only exists in the Present Moment—the Eternal NOW! So this is the greatest secret of all time: *There is no time!* Everything exists *Right Now*.

The Magick Of NOW

The concept of *Now* is an incredibly useful idea when it comes to practical magick. It is only Now—everywhere, all at once, always. So if all that really exists is an ever-present, universal, eternal NOW, then let's consider again what the past and the future are. Remember, the past exists in the present in two ways: in your memories, and in how the present is affected by your past. The future exists only in expectations, plans, or possibilities. Yes, in certain situations, you can accurately predict the future, such as in controlled scientific experiments. But until it happens, it still only exists in the mind. And once it happens, it becomes *Now*.

Let's consider a timeline. It is like a number line, with the past on the left and the future on the right. (See Figure 7.1) You see the past as unchangeable. Whatever happened, happened. Whatever circumstances were—however the Universe was once configured in all its exquisite detail—it's done and it isn't that way any more. We have moved that past point (mentally) down the number line into the negative numbers of the past, always getting further and further away. We can't go back to that point. It is done. Of this we are absolutely *certain*—or at least we think so. You see the future as undefined. You can think of it as being filled with possibilities or even probabilities. In either case, this means it is *uncertain*. It also means it is *changeable*, as it hasn't been defined yet. And it won't be defined until it becomes Now! But once the future becomes Now, it will move instantly into the past, solidifying

itself as certainty.

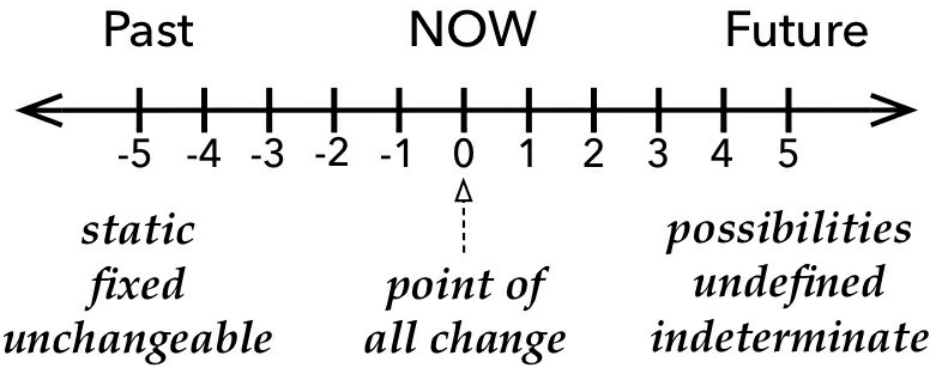


Figure 7.1 — The number line of Time

The way you are probably used to thinking about time is that you are *moving* from the past into the future—and hence the concept of time "flowing." Of course, just as you *flow* into the future, the future *flows* into the past. But notice what is actually happening. The Universe exists only in that one point in time called the Present Moment. The past is static, fixed, determined. The Universe is anything but static! It is a constantly fluxing system of change! So, *the past doesn't really exist* in the Universe. It is a memory or a previous cause of something that is present now. And the future always stays in the future—as a concept, not as a reality. I am going somewhere with this, so stick with me.

The concept of "Now" as a time can be defined as the current state that everything is in *plus* the rate that everything is changing. Look at Figure 7.1 again. As we discussed earlier on, all matter and energy exists in clouds of probabilities at any given moment. These all have their own vibration, and vibration is a rate of change or the propensity for change. Therefore, "Now" could really be defined as the *rate of change* of everything in the whole Universe! This idea of an eternal Present Moment then becomes a glorious pivot point! It is that point in time—in fact, the only point in time that really exists—at which change is occurring that moves *possibilities* into *certainties*. It is the gateway between the future and the past! Think about it. As ideas of possible or probable futures become present realities, they move instantly into the past, passing through (as we say) the moment of *Now*. This means that Now is the eternal pivot point between the *absolute certainty* of the fixed, static past and the *open possibilities* of a dynamic, undefined future!

(See Figure 7.2) Every moment of Now (which isn't actually passing, but is always just "here") is changing uncertainties into certainties, moving possibilities into memories.

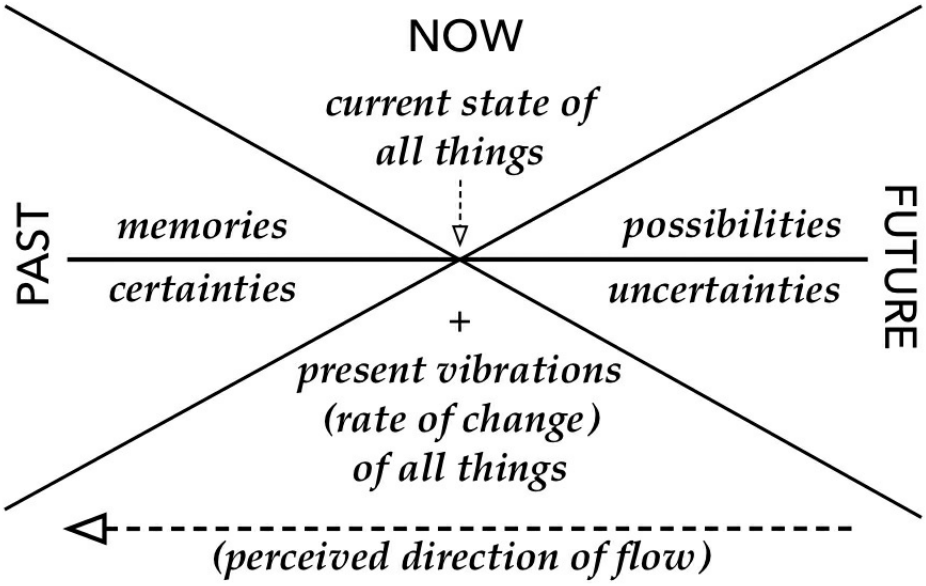


Figure 7.2 — NOW is the pivot point between the certain past and the uncertain future

So, how can you use the awesome magick of the NOW to work powerful magick for yourself? It's easier than you might think! The power of the *Now* is to change uncertainty into certainty and to change possibility into memory. It's always doing it anyway! Nothing stays the same! Change is the ongoing course of the Universe! In other words, all throughout the Universe, the Power of Now is converting *possibilities* into *certainties*. Truly, this is the key to the Power of Creation! All you have to do is tap into this concept and use it for your own purposes.

Remember that the current configuration of your reality is being influenced by what you believe, think, see, feel, and know about that reality. All matter and energy exists in vibrating fields of probabilities. And those probability fields can be collapsed into a given reality by utilizing the quantum observer effect. When you do this, you are reconfiguring the energy fields that appear one way *Now* into something different in the *next moment*. Another useful concept here is the idea of *cause and effect*. You know that the events of the past were a result of cause and effect. One thing was caused by another, which was caused by another, and so on until the original cause for the event

is found (if such an original cause can ever be determined). You also expect that events in the future will be due to causes in the present—because, of course, that's how it always has been. And by now you may believe that the power of *your* observation (the magick that you work) can itself be a cause for future events.

Let's combine all of those concepts and consider the past one more time. Look at the two ways that the past exists in the present. First, in memories. This is just a concept of mind. You *know* you can change your mental concepts. In some cases, you might be wrong about what you think the past was. Memory isn't perfect, after all. Maybe someone corrects you about the way you were remembering a past occurrence, so you recode that memory. Ever done that? Yes, you can change your memories! In the same way, you could potentially change the memories of others, even if many people share a memory about a certain occurrence. The Universe itself can retain "memories" of an event. These memories exist in the present and can also be changed. This is one key way that the past "exists."

The second way the past exists is in how your present is *affected* by it—that is, the perpetual continuation of cause and effect based on a prior cause. If the present is made up of probability clouds of energy that might reconfigure into one of a myriad of different possibilities in the next moment, then those effects can be changed as well. And memories tie into effects, helping them to persist in the Present Moment. In fact, you may not realize how much your memory alone of a past event might be keeping it alive for you in the present, extending the result it has on your awareness of your current circumstances.

You know that you can't change your past, as it's static and doesn't really exist. But if you can change your *memory* of the past and it's remaining *results* in the present, haven't you *effectively* changed your past?

While we consciously know that we can't change what has already happened, our subconscious doesn't consider this a limitation. It only knows the past as what it has stored in its reservoir of memories, as well as how the feelings, ideas, and notions of those memories is influencing your current reality. If you can change those memories in your subconscious mind and your knowledge about how they cascaded forward into your present moment, for all practical purposes, things are *now* as if the past was different. Convince your subconscious that the past happened differently, and things can appear

as if it really did. It's not important whether any kind of magickal power of the Universe actually went back and altered the past in some universal record somewhere! In fact, that record may only exist in your subconscious mind and in the minds of others who were affected. The point is that *now* it's different, as if the past happened a little differently. This is the power of magickal timelines!

Your future has even more possibilities of change! Being indeterminate by definition, you have plenty of room for influencing it with magick! You don't have to change memories—only expectations. When you work magick on the future, you stop seeing it as something in the future. Pull it into the Now, and see it happening *now*. If you stay feeling like a certain change is in the future, it will stay in the future (that is, only in your mind). Let's say you see yourself going out and buying a new car in six months. Months may go by, and you may still see yourself getting that new car in six months. Instead, see what it's like to get it *now*. Feel it already happening now—or even that it has already occurred. You are effectively altering the *present rate of change* that will tend toward the future event. This puts the change into action, and it may transpire sooner than you think!

Magickal timelines are a methodology that provides you with tools to enable you to alter either your past or your future. Since these only exist in the mind, if you alter either in your mind, it can dramatically affect your *present experience*. You don't want what you desire in the past! Nor do you want it to exist in the future. You want to experience it *now*, in the Present Moment. And that's what timeline magick is about.

The magick you are going to work with timelines doesn't *actually* change the past—but it doesn't have to! It just has to change the *effects* of the past on the present, both in memories and in current circumstances. It doesn't actually change the future either—because the future only exists in the mind. Magick changes the *Present Moment*—your present experience of reality. Sure, it might put things in motion that later come about, just as any other action you take may have future results. But the change itself occurs in the present. That's all you need it to do! Think about it. If you use magick to change the past, and what you get is a present experience of reality where anything related to that past is so completely resolved that it's like it never happened, then you have accomplished your purpose. Likewise, if you alter something in the future, and changes happen in the present that soon bring that thing

about, then again you have achieved your goal. This is powerful stuff!

And now for another story. I'm going to leave the details a bit vague, as the magick I worked was sensitive in this case. A good friend of mine had experienced an injury to her back many years ago. For years, this injury caused her pain, issues in other areas of her body due to compensating for that pain, and untold other hardships related to these issues. When I went to work on her back, I created a magickal timeline for it. With one hand on her back and one on the timeline, I then "looked" back along the timeline to see what the cause of the issue was. I continued to go back years and years until I could find the actual original occurrence of the issue (what I might call "first cause").

Then I found it on the timeline! I realized that I had been present when the original incident occurred, and I remembered it a certain way, just as she did. Next, I went back a little before the incident—just a few minutes before it. I played it backward and forward in my mind, so that I could clearly isolate the event (that is, the memory). I then *recoded* it, creating a new timeline that split off of the first one. Moving my hand slowly forward again along the split timeline, I forced my mind to see a different scenario happening—one in which the injury was easily avoided. I spoke the new "memory" of the event out loud, so that my subject could see it, too. I then moved back and forth along the timeline over those same few minutes, seeing it happen the "new way" over and over again. I played this new video in my mind, forward and backward, until I replaced the old video that was there—that is, I changed the memory. By doing so, I convinced my subconscious mind that the new way of remembering the event was actually how it happened.

I then felt a deep release of any issues, fear, pain, hardships—all the things that had been related to the previous event. It was like I was feeling this release for my friend. The event had been shrunk to an insignificant, forgotten thing, because nothing significant actually happened—not in the new timeline! Now here's the cool part. I then moved my hand forward along the new timeline, cascading through years and years of my friend's life. I watched as I saw how differently her life played out with this single event basically "deleted" from her past. I came all the way back to the present and finished the magick. My friend didn't feel anything spectacular at the time. But afterward the pain was gone. Not only that, but those related issues that had been in her joints, muscles, and other areas of her body had disappeared.

Physically, it was like the event had never occurred.

All magick alters reality in the *Now*—because that's the only reality that actually exists in all the Universe. In fact, all alterations of what is real happen *now*. They have to, whether you are using magick or not. If you create a change with Mind Magic, you have modified something in your *present reality*. You changed the vibration of energy, whether to a greater or lesser degree. That new vibration can do two things: It can alter reality instantaneously by causing the related quantum energy clouds of probability to immediately condense into a different reality. Or, it can alter the vibrations of such energy, which in actuality modifies the *rate of change* of those energies. That is, it creates a new *path* in which the desired change is plotted to come about in the future. More often, both will occur—some degree of instant change plus a change in the vibrations of reality, putting it on a new path toward further change. This is why some magick appears to be instant while other magick takes some "time." The *change itself* was actually instant, when the magick was done, but that change may simply be a new *cause* that creates a chain reaction of *events* that lead to the goal of the change.

This chain of cause and effect is true for everything that happens, not just magick. Consider dropping a glass onto a hard floor. In a few moments, the glass shatters. You might say, "I broke the glass." But you didn't really. You simply let go of the glass. Gravity then acted upon it, increasing its speed downward until it hit the floor. So really it was gravity that broke the glass! (Use that excuse the next time you need it!) Your action (in the present moment when you did it) was to let the glass go. This caused a chain reaction of events (in this case a very simple one) that led to the demise of the glass. You initiated a change to the reality in the present (a glass hovering above the floor all by itself). That also altered the *rate of change* in the Universe pertaining to that glass (it began falling). And soon that rate of change brought to fruition an event which we call "shattering."

It is the same with magick. You can both change something in the present (such as letting go of the glass) *and* modify the rate that things change (such as triggering the falling action which you know will lead to the shattering). In any case, all magickal transformation happens in the *Now*.

So let's get to the magick. Before I tell you how to do the work, there is one more idea I'd like to share with you. With timeline magick, you will be

working in both the past and the future (conceptually). You will learn to "play" with time in various ways. It is important, however, that when you finish your magick, you always feel the changes in the present moment—in the *Now*. Always bring yourself back to the present, either by connecting to it directly or by dragging timeline events to it. Don't leave your mind in the past or in the future. You shouldn't be dwelling much in the past or the future anyway! And this is a good lesson for all the times you *aren't* working magick as well. Consciously dwelling in the past or the future takes away from the energy you have in the present. To maximize your energy in all of your life, stay present in the Now. It's all you have, and it's all you ever will have. Besides, the more you get used to living *Right Now,* rather than in the past or the future, the easier it will be to work magick in the present as well—because you're already there!

One more tidbit. When you work magick with timelines, remember the four steps of Mind Magic: *see*, *feel*, *know*, and *let go*. Whether you are playing with altering the past or the future, always let go of it at the end. *Letting go* occurs in the Present Moment. For working with the past, letting go of any resentment, disappointment, or related issues enables you to more easily recode past memories and cascade them into present changes. For working with the future, letting go frees up the Universe from your attachment to what you desire, allowing it to more easily alter the *rate of change*, which is particularly useful for creating things in your future.

Creating Magickal Timelines

Creating a timeline is fairly straightforward. As with the other Mind Magic methodologies, you'll use your hands to create it.

It's About Time

The important concept with timelines is what they represent and what "exists" along them, both in the past and in the future. Begin by deciding *what* you're going to create a timeline for. It may be for an object, a situation, an event, a person, or a particular aspect of a person (such as a relationship or health issue). Be clear in your mind what you are creating the timeline for before you create it. Remember, a timeline is a structure in your mind. Your subconscious needs clarity on what that timeline represents. Sure, you can

create a generic timeline, not related to any particular person or thing, but you will have better results if you can be specific about it.

If you are working on an individual (including yourself), an object, or something physically present with you, start by bringing both hands, fingers together, to the person or object you are working on. Touch them with the edge or tips of your fingers, and then pull your hands away, keeping them together. Imagine you are pulling a timeline out of that person or object so that you can work with it. If you only want to work magick on a particular aspect of a person or thing, lightly touch the individual or object at a location that pertains to that aspect, then imagine that you are pulling out a timeline for only that specific facet of them.

To create the timeline itself, bring your hands out in front of you (containing the energetic idea of whatever you "pulled out"). Either your fingers or palms should still be together. As you separate your hands, see the timeline forming between them. The past will be on the left. The future will be on the right. The present should be right in the middle (or thereabouts). (See Figure 7.3) After it is created, the timeline stays there, hovering in the air, until you are done working with it.

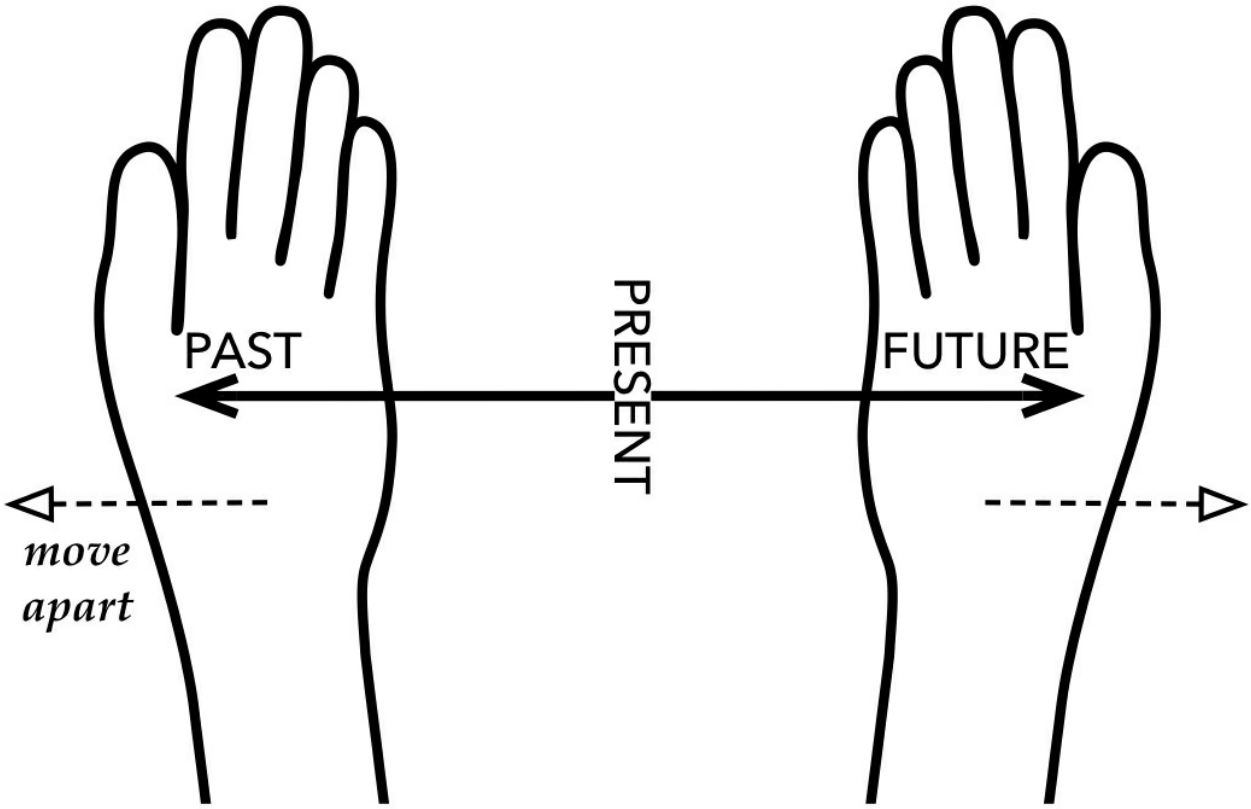


Figure 7.3 — Creating an energetic timeline

Note that the object or individual you are working on doesn't have to be with you. You can use a picture—or even a mental image—of what you are creating a timeline for. You don't even need to "pull it out" of anything. With the idea of what you're working on in mind, simply bring your hands forward and create the timeline. If your timeline magick involves something abstract, something you can't see or touch (like a specific event), a relationship, or someone or something not present with you, you may still want to feel like you are "extracting" the timeline from something in order to give your hand-mind connection more to do (for the sake of your subconscious mind).

Optionally, you can do this: Visualize what you will work on in your mind, bring your hands to your forehead in the location of the third eye chakra point, and, as you pull your fingers away, imagine you are pulling out a timeline for the particular thing you are "seeing" in your mind. Then create the timeline with your hands as explained above. For more information on chakra points, see *Appendix C* at the back of this book.

The first few times you create a timeline, you may want to spend a few

minutes navigating it to get familiar with how it "looks." With a magickal timeline in front of you, reach out with either hand and touch it. It's best to start in the center, at the present moment. Notice that your hand slides back and forth along the timeline like it's on a track. It is only one-dimensional (at this point), so it only has two directions to go—backward or forward. You may find it more comfortable to use your left hand to slide back into the past and your right hand to slide into the future.

Only place one hand at a time on the timeline so that you can get a clear idea of what you "see" there. Often what I "see" on timelines is really a *feeling*. It's actually sort of *seeing* and *feeling* at the same time. As I slide my hand back and forth along a timeline, especially into the past, I perceive the visions (with their accompanying feelings) of what once was. This plays forward or backward in my mind's eye very quickly as I slowly move along the timeline. If I move along the timeline faster, I may see weeks, months, or even years go by, either forward or backward. This is like hitting the "next" or "previous" button on your remote to jump to different scenes of a movie. Oh, look, there Sally is at age 11. Oh, now there she is at age 10! You can play with the scale of a timeline however you choose for your convenience. Every inch your hand moves might roughly represent a year. Once you find an event related to what you are focusing on, you can change that scale. Now every inch might represent five minutes before or after the event. Play with a timeline and see what you "see."

If the timeline you created is for a person, notice that as you slide to the left, you peruse the individual's recent past. If you go further and further to the left, you are reaching back into the person's childhood—even back to their birth. Yes, you can trace someone's timeline back to *before* their birth. I have done this on some people and seen issues that started in the womb and other pre-birth stuff. If you are a counselor, this would be an awesome tool to help resolve birth and childhood traumas.

Now if you slide to the right of the Present, you are looking into the person's future. Things may get more and more indistinct the further into the future you look. You *could* use this tool for divination, but that's not what it was intended for. You can use it for manifestation, for adjusting things in the future (and thus adjusting *right now* to be on the path to a desired future), or for altering and moving events as I will show you in this chapter.

If you are navigating a timeline you created for an object, you will see different things on that timeline. In the past, you will see the immediate past for that object. If the object is broken, you may see when it was fully functioning. That could be useful. Go further to the left, and you might even see it's creation. Even further may reveal to you the very idea stage of that object, before it was invented. Now go forward (to the right) along the timeline for an object. You may see the object repaired in the future—or you may even see it's eventual demise. Of course, there's nothing saying that you can't push it's destined end further out so that the thing lasts longer for you.

If you have created a timeline for a situation, relationship, or other abstract idea, slide a hand to the right or left to *see* and *feel* the timeline for that situation. To the left, you may see the cause for the situation. If it's for a relationship, you can slide to the left to see the cause for the present issues. Further to the left, you can find prior cause (the cause to the cause), and so on back to the original initiation (what I call "first cause"). For a relationship, this may be when two people first met. For a situation or other abstract, it may be the original idea that eventually created the situation. Now go into the future. You might see details there, or you might not. Yes, it's undefined. This means you can have influence in creating it, especially since you have now tapped into its timeline with magick! See Figure 7.4 for a few example timelines.

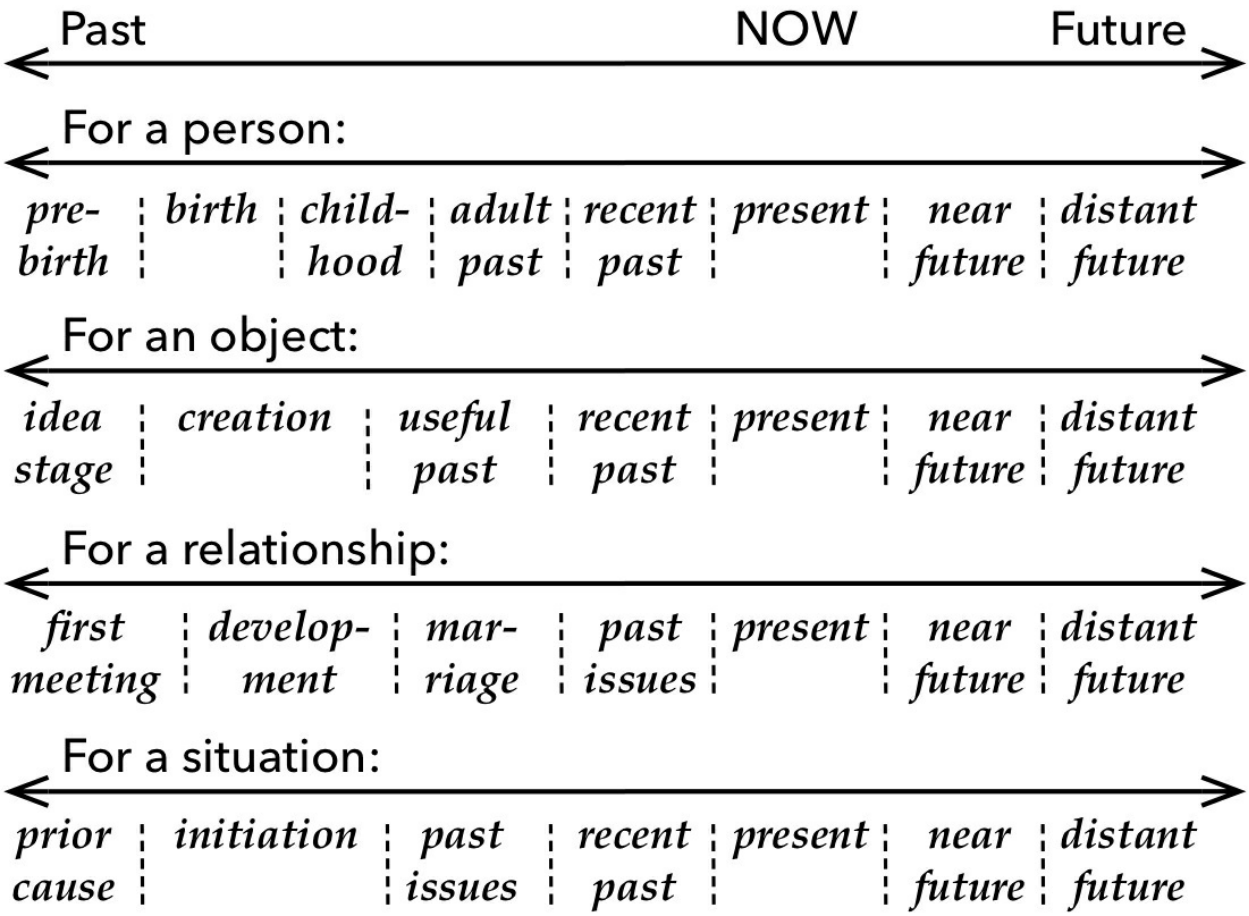


Figure 7.4 — A few example timelines

The next section covers advanced magickal techniques that can be done with timelines. Before moving on to that, I recommend that you practice creating timelines, at least a few times. Create one for yourself, for an object, for someone else, or maybe for your primary relationship. Play with these timelines a bit. Get familiar with how they look and function. Check out what you can *see* and *feel* as you move your hand along them. It may surprise you. When you are ready, come back and learn the timeline sub-methods described in the next section. This is some pretty cool stuff! And it's amazingly powerful!

Working With Timelines

This is where you will learn the awesome power of magickal timelines. There are a few different sub-methods for working with timelines, and they are

quite flexible. There's a lot to this, so I'm going to keep it as simple and straightforward as I can. I feel like I could write a whole book about timeline magick—I've had such crazy success with it! Maybe I will someday.

Time Change

The most elementary magick to do with timelines is to simply move events forward or backward. You can even swap the position of events.

How To Do This: Create a magickal timeline for the event you would like to "move." Typically, this would be something in the future that hasn't happened yet. Place your right hand on the timeline, starting at the Present. Slide to the right (into the future) until you locate the target event. You will know when your hand hits the spot on the timeline where that event is. You will suddenly see and feel the event clearly. You should feel a strong resonance with that target event—a certainty that you have located it. With that hand, grab onto the energy of that occurrence. Feel that you have it firmly in your grasp. Realize that it is subject to your will. If you wish for that thing to happen sooner, slide it to the left along the timeline. If you wish to push it further out, slide it to the right. As you do so, you will likely *see* and *feel* the effects in your mind of moving that event. Things begin to change. Your expectation of when it will occur is changing. In some cases, you may notice that as the event gets moved along the timeline, your concept of *how* it will happen—or even *what* will happen—may be altered along with it. Move the event to a place where it feels "better"—where you are the most comfortable or pleased with how it looks along the timeline. Position it firmly at that spot on the timeline, and then let it go. Speak a power word if you like. See that the event stays there, clearly subject to your desires. (See Figure 7.5)

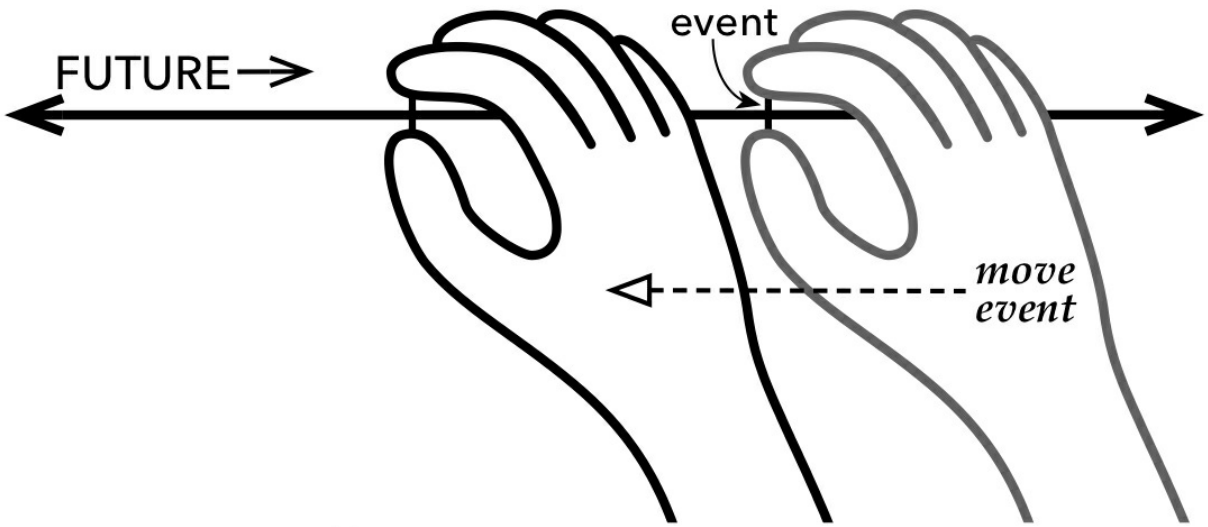


Figure 7.5 — Moving the expected timing of a future event

If you want to swap the position of two different events on a timeline, you can use this same concept. Locate the two events that you desire to move, one in each hand. Grab hold of both of them firmly. Then move them so that the one occurs before the other. Position each of them at those spots on the timeline that match your desire the closest, and then let them go. This is useful if you want to ensure that one thing occurs before another thing. For example, you may wish to arrive at a meeting before someone else. Alternatively, you could use only one hand to move multiple future incidents around. Use your imagination!

Optional Power Words: "Move!", "Snap!", "Click!"

Example using "Time Change": You have something you keep working to accomplish, but something is always getting in the way of it. It's almost like there is some unseen energy that is holding the desired event back. This is a prime case for using magick to alter the future! Think about the thing you are working on until your desire is clear in your mind. Bring both hands, fingers together to your forehead and touch your third eye chakra point. Next, use your hands to pull the energetic resonance of the desired event out of your mental vision and create a magickal timeline for it in front of you. Place your right hand at the center location, on the Present Moment. Then slide it gently along until you reach that place where you clearly see the desired event happening. It might be just past the present, or it might be further down the line. When you find it, lock onto the event, then slide it along the timeline toward the present. Notice how it feels as it gets closer and closer to *now*.

You can even move it all the way to the Present Moment itself! See what that looks and feels like. You could even push it slightly into the past. With the event in the past, you may feel like it has already occurred. It's done! Bask in those feelings for a few moments. Then position this future event where you are most comfortable with it, and leave it there. You may find that you see along the timeline what actions you took or what other incidents transpired to allow you to finally accomplish that thing. You might also suddenly realize what those obstacles were that have been getting in the way—and now you know how to deal with them. Or you might simply feel inspiration to do something you hadn't thought of before, which will result in reaching your goal faster. Inspiration, useful information, or enhanced awareness can come while you are working with the timeline or some time after you have finished the magick. Whenever it comes, pay attention to it!

Destiny Now

This sub-method involves connecting a future state to the Present Moment. It can also be utilized to connect a past state to the Present, which is useful in cases where you desire to restore something to what it was in the past. Either direction can be useful for healing injuries and other body-related magick but can be employed for a wide variety of other purposes as well.

How To Do This: For healing an injury, getting past an illness, improving health, or other physical issues, create a timeline for the person you are working on—or even for that specific area of their health. For the accomplishment of tasks, the attainment of goals, the fulfillment of desires, or other manifestations, create a timeline for that particular task, goal, or desire. For situations, relationships, or other abstract concepts, create a timeline for that specific idea. You can also use this for working on yourself in a variety of ways.

Place your right hand at the center point on the timeline, in the Present. Slide it to the right until you find the desired healing, improvement, goal, or fulfillment of your intention. As you slide your hand along the timeline, allow your mind to see the various stages of change that the idea you are focusing on might go through. Direct your attention toward what you desire until you find the place where you "see" that it is done.

Once you locate that spot on the timeline, grab hold of it, locking your right hand onto it. Now take your left hand, place it on the same timeline, and lock

it firmly onto the Present. Look back and forth between your two hands, noticing the difference between them. You are seeing the difference between Now and the desired future state of what you are focusing on. With both hands firmly locked, give your hands a quick jerk. At the same time, feel a sudden surge of energy shoot from the future state to the present state. (See Figure 7.6) Here is where you would say one of the optional power words. It is like an instant copy and paste happens, copying the future state to the present state and overriding it. You might choose to see this as a sudden bolt of energy that shoots from your right hand to your left hand. The energy of the future state has been moved to the Present Moment.

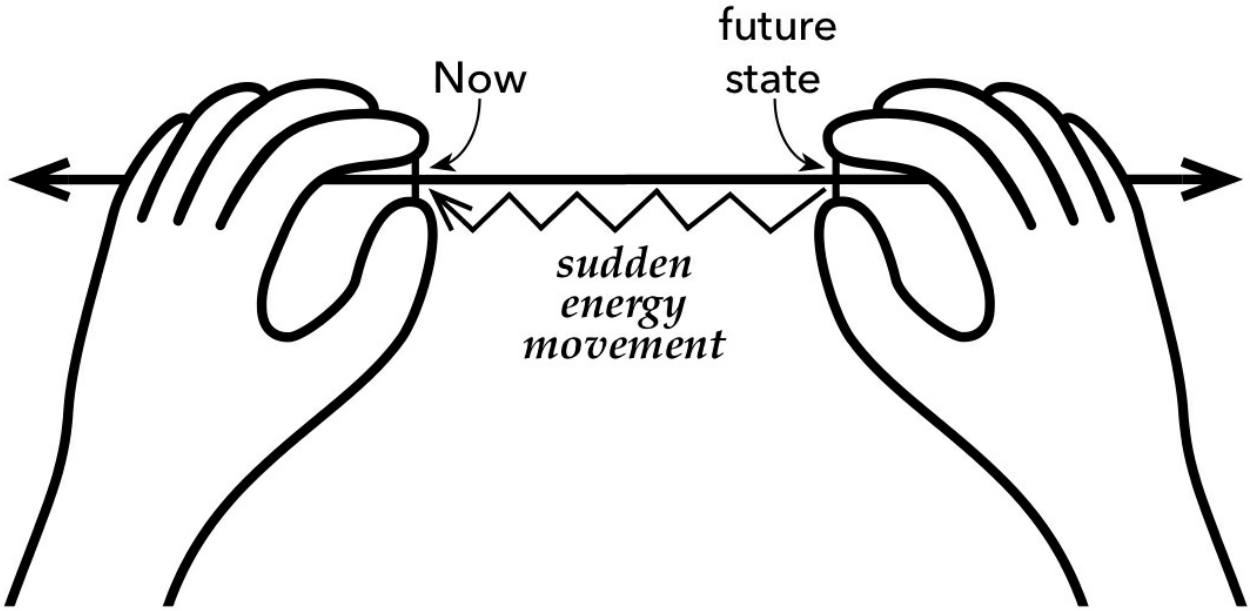


Figure 7.6 — Syncing your present state with a destined future state

After you feel this surge of energy, look back at your hands again. First, look at your right hand. See the future state at that hand's point on the timeline. Next, look at your left hand. See that the same future state now exists there, in the Present. Let your mind see this very clearly. As you gaze upon the Now, see that it looks just like the desired future point. Look back and forth between them and *see* that they are the same. *Feel* it! Let this sink into you deeply, until you *know* that it is so. Let go of the timeline with both hands, and *let go* emotionally at the same time. Nothing has to change. Everything is already as it should be. *Feel* that it is done!

You can use this same idea to connect a past state to the Present. In that case, you would first place your left hand at the center point of the timeline, and then slide back in time (to the left) to find the past state that you would like to restore into the Now. To use this for healing injuries, illness, or other health concerns, go back to a time when it didn't exist. To use this for relationships, go back to when it was great. To use it to fix an object, go back to when it was working. You can even use this on your own personal energy to restore yourself to a time when you felt much better.

Once you have found the location on the timeline in the past where things were as you desire them to be, lock onto it with your left hand. Then take your right hand and connect to the Present on the same timeline, firmly holding the Present. Look between your hands and note the difference between them. Your left hand holds the previous state, how things *were*. Your right hand holds the current state, how things *are*. Then give your hands a quick jerk, feeling a surge, shock, or jolt of energy shoot from the past state (left hand) to the present state (right hand). Say the optional power word, if desired.

After you feel that the change is complete, look at your hands again. See the past state in your left hand, still looking as it did before. Now see the present state in your right hand. The desired past state has been copied to it. That energy has been restored! Gaze upon the Now, and *see* that it is just exactly as you desire it to be—just like that past state. Allow yourself to *feel* this deeply until you *know* it. Then *let go*, both of the timeline and of your emotions about it. Trust that everything is *now* as it should be.

Optional Power Words: "Connect!", "Destiny!", "Restore!", "Now!"

Example using "Destiny Now": Consider something that you are fairly certain will happen for you in the future, but you're having trouble being patient about it. You would like it to come about much faster, but you're just not sure what to do to hasten its coming. Create a timeline for the energy of that future event. Slide your right hand along the timeline and find the point in the future at which it occurs. Now connect to the timeline with your left hand, locking onto the Present Moment. Glance between them and see the difference between them. Feel the jolt or shock through your hands as you connect those two points on the timeline. Next, look back at your right hand (future point). See that it appears the same. Then look at your left hand

(present). See that it now looks just like that future point which you connected it to. Let your mind *see* this as clearly as you can, allowing your *feelings* to sink into the *knowledge* that it is already done. And then *let go*.

Branching Off

Here you're going to see that magickal timelines don't always have to be one-dimensional (a straight line). You're going to pick a point on a timeline and branch off of it, creating a new, parallel timeline. You can then make connections between points on different timelines. This can be amazingly powerful!

How To Do This: This timeline sub-method works best for altering occurrences and situations in the past. You are, of course, really altering the present by changing the effects and memories of the past event that persist in the current reality. Begin by creating a timeline for the issue in the past that you wish to change. If it's for an individual or a relationship, you could just create a timeline for that individual or relationship. Make the timeline as specific as you feel it should be.

Next, connect to the timeline with your left hand. Slide back in time until you find the issue, situation, or event that you desire to modify. See it clearly. Now go back a little before the event. See what happened *just before it*. Find its immediate cause. You can go back further to prior causes, or even to find its original cause if you feel you need to, but it's not really necessary. Just go back to a point where you feel like if you could make a change, it would have avoided the issue altogether. This would be that point that you might have thought to yourself, "If only that had happened differently, then this wouldn't have happened," or, "If only I had done that, then I could have prevented this." Find *that* point.

Got it? Now here's the cool part: You're going to branch off from that point into a new timeline. Imagine that you actually *did* the thing that prevented the event—or that something actually *did* happen differently that completely avoided the issue. This parallel timeline is the one in which it all happened differently. Allow your left hand to leave the timeline, follow an angled path upward to the new timeline, and then lock onto that new track. Now you can slide your left hand back and forth along the new timeline. If you slide forward into the future (to the right), you see (and feel) what things *would have been* like. If you slide back, you will come to the place where you

branched off onto the new timeline. This is where that parallel timeline started, so if you go further back, let your hand drop back to the original timeline and see the past before that point.

Experiment a little with how things look different between the two timelines. You can slide your left hand forward and choose either one—straight to see the original timeline with the undesired occurrence in place, or up onto the new timeline with a changed sequence of events. After you see the clear difference between the two, get your hand onto the alternate timeline and follow it forward. See how many things are better in the past along that timeline with the original situation having been changed. Take it forward as far as you like, always seeing the changed effects at those points along the timeline that you are touching. You can even follow that alternate timeline all the way back to the Present Moment—or into the future if it feels right.

To finish up this magick, position your left hand at a point on the new timeline that looks and feel good to you. Then touch your right hand to the center of the first timeline—the real Present Moment. Next, connect the alternate timeline (where your left hand is) to the real Present. Imagine a connection between your two hands and the two points on the timelines—your right hand at the center point of the original timeline and your left hand somewhere along the parallel timeline. Make a quick jerking motion with your hands as you feel a jolt of connection between them. Here is where you would say the optional power word. (See Figure 7.7)

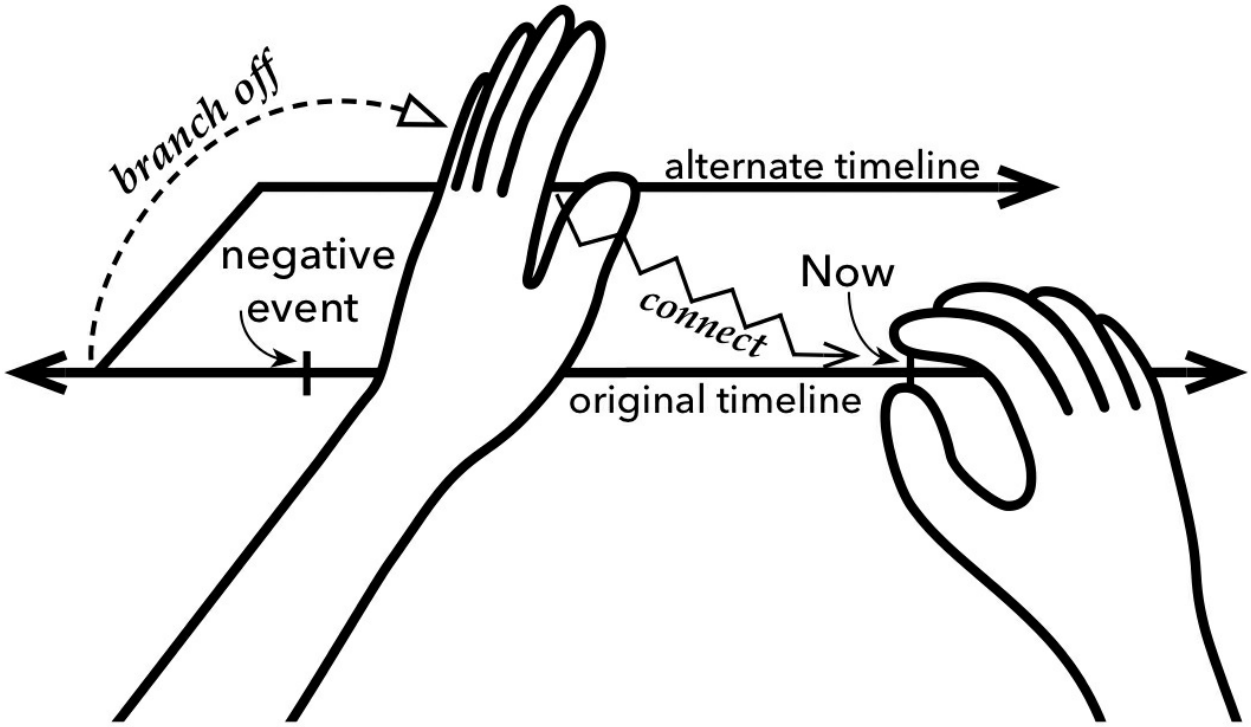


Figure 7.7 — Branching off to a new timeline and reconnecting back to the present

After you have made the connection, if your left hand is not positioned at the Present, then gently move it there. As you notice what that is like on the new timeline, shift your gaze to your right hand. Allow yourself to see that the center point on the *original* timeline is now the same as the Present Moment of the new, *alternate* timeline. Examine what reality is like in the *present* of the new timeline, which is now the real timeline. Sink into that vision until you feel it deeply.

You could potentially use the "Branching Off" sub-method to alter events in the future as well. If you are afraid of something that's going to happen, you might want to create a timeline branch just before the feared event, and then choose a different future path. To use timelines in this manner, just switch your hands (the right hand is the one perusing the new timeline) and then connect from a point on the alternate future timeline back to the Now on the original timeline.

Optional Power Words: "Switch!", "Connect!"

Example using "Branching Off": Let's say you are aware of a very

unpleasant event in your past. It still affects you in your feelings, your memories, and other effects that persist into the present. Create a timeline for yourself pertaining to that past event. Slide your left hand along the timeline until you find the negative occurrence. Face the negative event and see how it happened, even though that may be painful. Then go back before it. Find that "if only" point where you feel like something could have been different that would have changed the whole situation. Here, create a new branched timeline that angles up a bit and then extends forward into time from that point. Follow that alternate timeline with your hand. It shows you what *would have happened* if things had been different. Compare the sequence of events along the new timeline to those of the previous one. Does it look better than the previous timeline? Good. Slide your left hand to the right along the alternate timeline. See all the changes that would have occurred if that had really been your past. Bring it forward all the way to the present. See clearly how your present *would be* if the new timeline had been your real past. Now connect to the center of the original timeline (Present Moment) with your right hand. Your left hand is just above your right hand. Both of them represent the present on two different timelines. Firmly holding these two points, connect them together, feeling a surge of energy quickly pass from your left hand to your right hand. This surge links the Present of the alternate timeline to the Present of the real timeline. It's like an instant "copy and paste." Gaze at your right hand, allowing yourself to see that it truly does represent your real Present Moment, and that it also looks like the alternate Present. *Feel* this deeply, allowing it to heal whatever it needs to within you.

Timeline Swap

The "Timeline Swap" is similar to the "Branching Off" sub-method. It is conceptually different in that you are replacing an entire segment of a timeline with an alternate timeline.

How To Do This: To do the "Timeline Swap," create a timeline for an issue or event. It can be in the past or the future. Placing one hand on the timeline, find the point *just before* the event where you feel like you could make a significant change to its occurrence. Branch off of that to create a parallel timeline as you did before. Examine the difference between the two timelines by perusing each of them with your hand. Next, move forward along the alternate timeline to a place sufficiently past the issue or event. This should be the point at which you feel that if the change persisted to that point, you

would have full resolution of the issue. This could be anywhere from a few minutes after the event to a few years afterward. Connect back to the original timeline at that point, creating a branch that angles downward from the alternate timeline to the first timeline.

Next, place your right hand at that point where the timelines reconnect. (You will have to switch hands if you are working on a past event.) Place your left hand at the location of the original branch upward to the parallel timeline. You now have two different segments of timelines between your hands—the original span of time from the point before the occurrence to the point after it, and the alternate span of the same time period. Both represent two alternate realities for the same segment of time. Next, slide both of your hands up the angled paths to the end points of the alternate timeline. Grabbing a firm hold of those two points, press them downward with your hands toward the original timeline. Imagine you are moving the entire straight line of that parallel time segment, like you are moving a stiff pole downward while keeping it level. (See Figure 7.8)

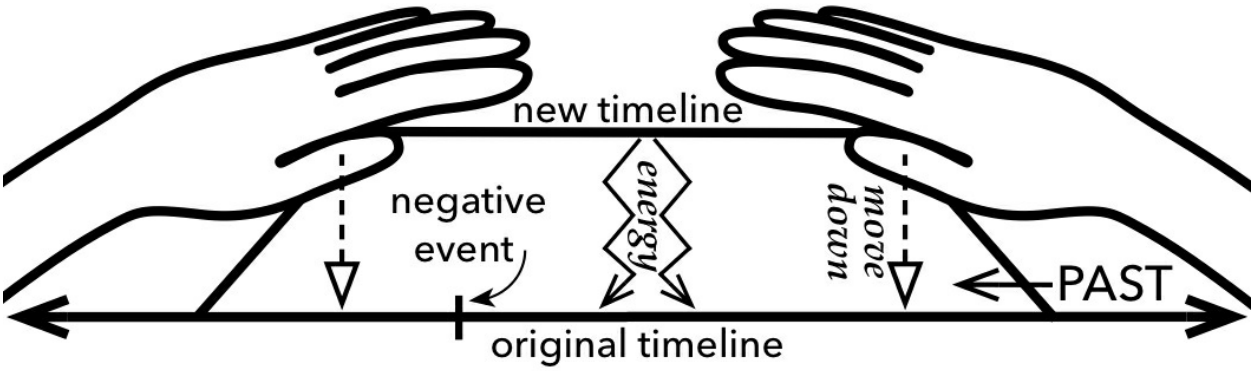


Figure 7.8 — Replacing an old timeline segment with a new one (in the past)

When it reaches the original timeline, feel a surge of energy in your hands as that alternate segment of time *replaces* the original (real) segment of time. This is where you would say the power word, if desired. It is like the new sequence of events that is defined along the parallel time segment *becomes* the real events that actually occurred (or, in the case of future work, *will* occur).

Optionally, you can see that when the new timeline replaces the first one, that segment of the original timeline is forced to take the place of where the

alternate timeline was, thus becoming the branched timeline. This idea of *swapping timelines* might help you to see that it went "somewhere." With this option, you have basically swapped the sequence of events pertaining to the issue you are dealing with.

Once you are done with the timeline replacement or swap, run one of your hands back and forth along the new timeline segment. *See* and *feel* that the sequence of events along it are as you now desire to see them. Feel it strongly until you *know* that it is so. Bring yourself back to the Present, and then completely *let go*. It's done!

Optional Power Words: "Swap!", "Replace!", "Click!", "Snap!"

Example using "Timeline Swap": Imagine you said something to someone that you wish you hadn't. It became a fight or caused a "falling out" that affected events in a whole series in your past, and it's still affecting you today. Create a timeline for the issues that this occurrence created for you. Slide back along this timeline with your left hand, seeing the series of effects in backward array, until you come to the point just before you said what you said. Find that point where you feel like you could make a significant change that would alter the whole sequence of events along this timeline. Create a branch at that point up to a parallel timeline—one in which you had chosen a different behavior, response, or words. Examine the parallel timeline to see that the sequence of events along it are different and much better than your remembered experience. Slide your left hand along that alternate timeline to a point where you feel all of it is resolved. This could be shortly after what you said or it could be all the way to the Present Moment. Connect back to the original timeline using an angled branch downward. Place your right hand there and hold that point. Place your left hand back at the previous point where you created the branch off of the original timeline. If it's easier, you can slide your left hand back to find that point again. Hold both points firmly in your hands. Slide your hands up a little to the end points of the alternate timeline segment. Then press it firmly downward to the original timeline until it "clicks" into place. Visualize it either replacing the contents of that time segment or swapping places with it. Give your hands a quick jerk as you feel a surge of energy. Allow yourself to really *feel* this surge of energy. It might feel like energy that shoots down your hands into your body and up into your mind, or it might feel like a surge of energy between the two points of your hands. To finish up, slide your left hand along the same timeline segment

again (the one you replaced), *seeing* clearly that the whole sequence of events is now completely changed. *Feel* that deeply, and *let it go*.

Delete Event

This sub-method allows you to tap into a specific event on a timeline and virtually delete it. Of course, you are actually deleting the effects of the event in the present. This can have a powerful impact on your current reality!

How To Do This: As with "Branching Off" and "Timeline Swap," the "Delete Event" sub-method is best for deleting specific incidents in the past, although you could use it to avoid an upcoming event that you foresee in the future. To work this magick, form a timeline for the specific occurrence in the past that you wish to remove. Make sure you are okay with completely eradicating all the results of that event. If there were both positive and negative outcomes and you'd like to just alter the results a bit, then use a different sub-method.

To completely delete the event, slide your left hand back along the timeline until you identify "where" (that is, *when*) the incident is in the past. Then move your hand a little to the left of that point, just a little before the event. Place your right hand around the same place on the timeline, move it forward past the event, and find a spot a little ways after it. Your hands should both be positioned at locations along the timeline that you feel *isolate* the event you wish to remove. You should see that the rest of the timeline (forward from that point) would be totally different if the incident had never happened. See and feel that if you erased what happened during that small segment of time, everything would be different *now*, in the present.

Using your thumbs and index fingers, grab a firm hold of each of the two points on the timeline where your hands are. Imagine you are holding a little string that represents that isolated segment of time. In the middle of it is the event you wish to delete. You know those handheld "popper" fireworks that you pull a string to make it explode and spew confetti into the air? Imagine that the string you are holding is like one of those poppers and the incident on the timeline is like the tiny amount of explosive black powder that's trapped on the string. Suddenly and firmly, pull your two hands apart from each other, popping the string in the middle. (See Figure 7.9) Say the optional power word at this point.

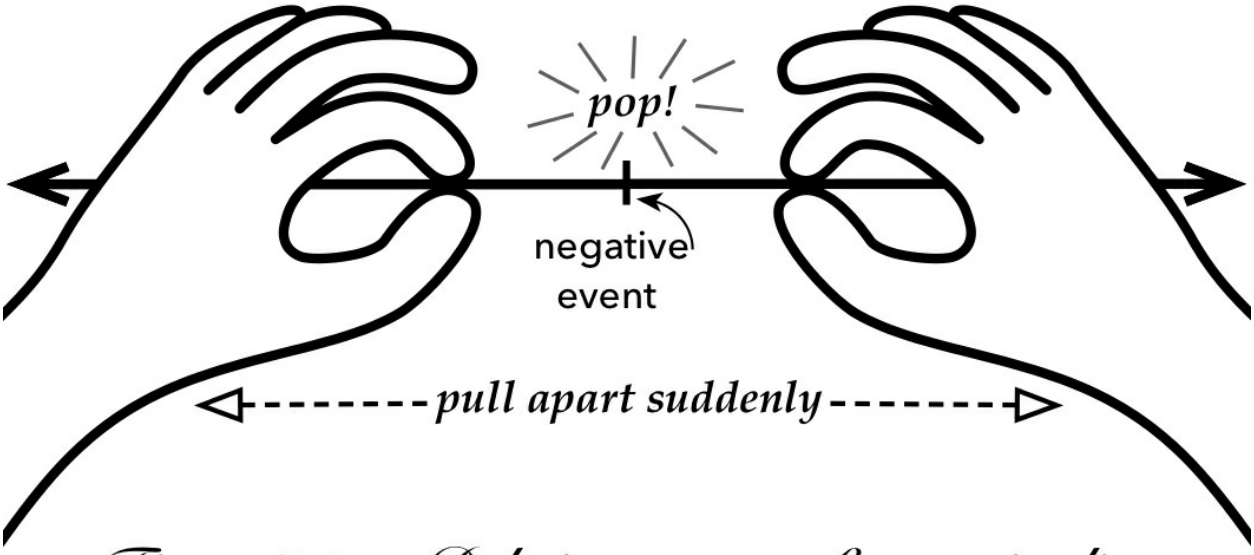


Figure 7.9 — Deleting an event from a timeline

When you do this, see that the event is instantly destroyed, exploding out from the string (the segment of time you were holding) into the space around the timeline. It is gone! You can see this as a tiny explosion or a huge one, depending on how significant that event was to you. The timeline is still there and connected seamlessly, of course, because it is the past and that's how it exists to you. Only there is no longer any sign of that event along it. It's something different now. Take a look at it and see that. Run one of your hands along that segment of the timeline and see how different it is without any indication of the previous incident. It doesn't exist anymore. You can completely relax about it. It never happened, so it's easy to completely *let go* of it.

As with the "Branching Off" sub-method, if you want to use "Delete Event" to remove a feared upcoming event in the future, that's totally workable. Just switch your hands and find the future event with your right hand. Go past it to a position on the timeline just after the occurrence. Then move your left hand back to a time just before it. Grab those two endpoints and pull them apart as described above to delete the event.

Optional Power Words: "Pop!", "Delete!", "Gone!", "Poof!"

Time for another story. A few years ago, I was hiking with my sons. We were hiking a small trail up a mountain, and the terrain was a bit difficult. At one point, one of my sons tripped and fell on the trail. He was seven or eight years old at the time. This wouldn't have been a big deal except that he

landed with his knee on a small stone. It was quite painful for him, and he said he couldn't walk. He tried, but his knee was too painful. Immediately, the possibilities sprang into my mind: I'll have to carry him until he feels better. Or we'll have to stop and rest here for a while. Or maybe we need to give up and I'll carry him back down the mountain. Then I suddenly became aware of what I was thinking, and I realized that I had power over this situation. I deliberately pushed all of those thoughts out of my mind with the concept that there was *no real concern*. I knelt down beside my son, touched his knee, and created a timeline for the event of his falling on the stone. I quickly used both hands to move before and after the incident so as to isolate it. I then snapped it out of existence and deleted the event. I worked this magick so quickly that I doubt he even noticed I did anything. I don't recall whether I changed the timeline to him not falling at all or that he just hit the dirt rather than a stone. But it didn't matter. That particular negative event had been deleted. Within a few seconds, he got up, said something like, "Oh, it's fine," and then began proceeding up the mountain, just as before. He didn't limp, complain of pain, or even lag behind from that point on. None of us ever mentioned the incident again. It was forgotten—gone without a trace like it never happened.

Example using "Delete Event": Consider an isolated event that happened in your past. Find something that makes you feel like, "If only this hadn't happened, everything would be different." Create a timeline for yourself pertaining to that past incident. Slide your left hand along the timeline until you find the event. Then go a little further back just before that event. You should be at a point clearly before the incident occurred but just enough to alter it. Place your right hand on the timeline where your left hand is and slide forward past the event to a time just after it. This should be at a point that is clearly after the incident but enough to "contain" it. Now grasp those two points firmly with your hands. See that the event is trapped between those two spots on the timeline. It's like the little bit of black powder that's trapped on a string. Snap your two hands apart suddenly, like you are pulling on the ends of a tight string. *Pow!* Say the power word if you feel like it. The event is gone! See it get destroyed in your mind. To you, this could be a simple "pop" or a violent explosion. How it looks and feels to you will likely be dependent on how severe the event was for you and how much emotion you have about it. Look back at the timeline. Notice how completely absent that event is. If you like, slide a hand along the timeline and see what natural

sequence of events occurred along that timeline instead of what was previously there. Yes, it's really gone! *Feel* that deeply. *Feel* that the effects of it are disappearing, fading out of your mind, your memory, and your life. Everything is better now. Completely *let it go* and move on.

Finishing With Timelines

There's nothing saying that you can't use multiple sub-methods on a single timeline. In fact, if you don't sufficiently feel the changes you desire, go ahead and use another sub-method. The idea here is to see and feel that the modifications you made to the timeline are complete and solidly in place. When I worked the magick for someone to randomly hand me a pen, I had moved that event on the timeline to just slightly into the past (as if it was already done). Before I finished the magick, I checked the timeline to confirm this. I slid my hand along the timeline and saw that the event was in my immediate past. If you feel that the magick you've worked has already altered reality as you intended, you can just allow the timeline to gracefully fade away. Alternatively, there are a couple of different ways that you can bring closure to Mind Magic timelines…

Back to Now

This is a simple way to connect yourself back to the Present Moment when you are finishing up timeline magick. It's a good idea to ground yourself back to the Now rather than leave your mind fixed in the past or the future. If you were only using the sub-methods "Destiny Now" or "Branching Off," you have probably already connected back to the present—so this wouldn't be necessary.

How To Do This: With either of your hands (whichever feels the most appropriate, depending on whether you've been working in the past or the future), slide along the timeline you've been working on back to the Present Moment. Feel yourself get grounded in the Now. Notice how it feels different. See that it has already changed. Since you have just worked magick to change circumstances in the past or the future, you have really changed how that has affected *Right Now*. So see how much better the present feels to you. That's all. Just connect back to the Present Moment, relax, let the timeline fade away, and completely let go.

Optional Power Words: “Connect!”, “Ground!”, “Now!”

Insert It

This closure sub-method to timelines is like the opposite of creating a timeline. The idea here is to insert the changes you have made along the timeline back into the person, object, or situation that you created the timeline from. Note that this is an optional step you can take to help you feel that you have fully implemented and activated all the magickal changes that you intended.

How To Do This: First, prepare the energy that you are going to insert back into the person or object. There are a few ways you can do this: You can grab the energy of the changes you made right off of the timeline; you can slide the changed energy along the timeline back to the present and then remove it from the timeline; or, you can collapse the entire timeline using both of your hands to contain it between them. Whichever way you do this, take the energetic structure of the changes you have made and insert it back into the person, object, or situation (in your mind) from which you created it to begin with. You may want to insert it back into the same location that you pulled it from. *Feel* all of those changes take affect when you do this. If you can do it with total confidence, say an optional power word at this point. *See* the energy dissipate back into the person or object, diffusing into it and making the changes it was intended to make. Then completely *let go* of it and move on with your day.

Optional Power Words: “Insert!”, “Activate!”, “Done!”

Put It Into Practice

Now let’s practice what you’ve learned about timelines in this chapter. Again, I’m not going to assume that you have someone else to work on, so choose something about yourself to work on. It could be an injury or physical ailment, the continued repercussions of something that happened to you long ago, or issues in a significant relationship you have. Choose something that you can identify as starting with a past event or sequence of events and which you would like to change from here forward.

Again I have referenced the name of each sub-method so that you can cross-

reference them to the sections in this chapter. Remember that *Appendix A* contains a concise table of the Mind Magic methods and sub-methods. For the purpose of this exercise, you will utilize all the different sub-methods for timelines. Even though you wouldn't normally do that, I want you to get some practice with the various possibilities of working with this methodology. Now go somewhere where you can be alone with some "time" and space to play with magick. This is exciting stuff, so don't skip this practice! Actually do this before you move on to the next chapter. Create an energetic sphere or cylinder as your working space, step into it, and then proceed with the timeline magick described in this section.

It's About Time

Focus on the area you have chosen for this exercise. If it is mostly centered around a specific negative event in the past, then think about that event and all the downstream consequences of it. Bring your hands, palms together, to your chest or forehead (third eye chakra). Or, if the memory of the issue is localized in a certain part of your body, bring the tips or edges of your fingers to that area. If you can only reach it with one hand, that's fine too. As you pull your hands away, imagine that you are pulling out a timeline for that particular issue or event. Stretch your hands apart from each other to form the timeline in between them in your working space. See that the timeline you have created hovers there. It will stay there until you are finished with it. It is also easy for you to connect one or both of your hands onto the "track" of that timeline. *Feel* that.

Branching Off

First, place your left hand on the timeline and begin sliding it to the left (backward in time). If the event you are looking for was years ago, allow yourself to move quickly through the years until you approach it. If it was just recently, you might want to move back through a few weeks or days. Allow your mind to see what comes to you as your hand moves backward along the timeline. Slow it down when you get to the day or hour of the event.

When you locate the particular negative event or source of the issue you are working on, you may find very strong emotions arising within yourself. This is expected. Be daring and go ahead and look at it. If you want to change it, you must be willing to look at what actually occurred and allow yourself to

acknowledge it. It may bring you to tears. You may find yourself shaking. Or you may simply gaze at it in an empty emotional state. Allow whatever comes to you as you examine this part of your history.

Move your left hand forward and backward across the event. See how it happened in your mind, forward, then backward. When you can fully acknowledge, identify, and locate the event on your timeline, slide back to the left a little before that event. Feel what it was like *before* it happened. Find a point on your timeline where you could have prevented it *if only* you had done something differently (or if someone else had acted or something else had occurred). At that point, imagine what it would be like if that alternative thing really did happen.

In your mind's eye, create a branch off of the timeline at that point in time. Slide your left hand up an angled path onto a new timeline, above the other one. This is the timeline that contains the alternate sequence of events. You are choosing this as an alternate path. Make this very clear in your mind. Slide your left hand forward and backward across that branched off point, letting your hand go up and down the angled path to the new timeline. Imagine that that's all there is now. Each time you move your hand forward, you are choosing the new timeline—the new sequence of events.

Keep sliding your hand to the right along the alternate timeline. See how different your life was. Your memories and everything else that happened after that point were so much better! Move through years if you have to. Go all the way forward until you are in the center of the alternate timeline—back to the Present Moment. Then connect your right hand to the center point of the original timeline—your *Now* moment in your current reality. Your left hand should be just above your right hand at this point, both of them representing the *present* on two different timelines. Imagine a line connecting from your left hand to your right hand. The two possible versions of *Now* are connected. Both are possibilities in your experience.

Suddenly, without providing your subconscious mind much warning, see and feel a surge of energy from your left hand to your right hand. Allow your hands to jerk or shake in response to this sudden zap of energy. Do you feel it? Next, look at the location on the two timelines where each of your hands rests. They are now the same. *See* that the present on the original timeline (right hand) is the same as the present on the new timeline (left hand). Look

between them a few times to allow yourself to fully grasp that they represent the same reality. That is now the *only* reality. *Feel* that. Finally, completely *let go* of it, remove your hands from the timelines, and relax.

Timeline Swap

Since you're just practicing, let's move on to the "Timeline Swap" for this same issue. If you feel that the above exercise completely resolved the issue for you, it's fine to choose something else to work on instead. Place your left hand back on the original timeline you created and slide it to the left. Go back to the same time period you were working on—where that old event used to be. You might see that it's still there, that it's changed, or that it's completely gone. In any case, go back to the same point at which you branched off before (or create a new branch at another point if you have chosen a different issue). Let your left hand follow that branch up to the alternate timeline. Move it forward to a point where you can easily feel that if only the change persisted through that point, you would have a full resolution of the issue. Again, this could be anywhere from a few minutes to a few years after the event.

Now connect your left hand back to the original timeline, creating a branch angled downward from the new timeline to the old timeline. Swap your hands and hold that point with your right hand. Slide your left hand back to the spot where the alternate timeline started. Then position both hands at the end points of the alternate timeline, just above the angled branches. Grab these points firmly, and press that entire new timeline segment downward until it reaches the original timeline. Let yourself feel a sudden jolt of energy when it overlaps the old timeline, replacing it with the alternative. To confirm this change, slide your left hand back and forth along the timeline, *seeing* that it is now the new, alternate timeline. Remove your hands and completely *let go* of any tension about that issue.

Delete Event

Next, place your left hand back on that same section of the timeline. Slide back to where the negative event used to be. Is it different? Again, you might see that it's still there, changed, or missing. If you'd like to choose a different issue, that's fine.

Slide back along the timeline with your left hand to see if there is any

negative event left (or find a new event you'd like to delete). Move your left hand a little before the event. Allow your right hand to join your left hand on the timeline and slide it to the right just past the event—enough to be completely past it. Grab both of those positions on the timeline firmly with your thumbs and forefingers. Imagine that section of the timeline as a tight string with a tiny bit of explosives right where the event is. Snap your hands apart quickly. When you do so, *feel* a surge of energy and *watch* the event in the middle get destroyed violently. You may see this as a little "pop" or a big explosion. Either way, it's completely *gone*. Slide your left hand back and forth along that section of the timeline again and see that it's different now. It's like the event never occurred!

Back to Now

Keeping a hand on the timeline, slide all the way back to the Present Moment. As you do so, let yourself see in your mind's eye all the changes that have occurred in your past memories along the timeline. Again, you can go through this quickly or slowly. Just feel all of those changes as you move through them. Keep moving to the right all the way up to the present, then stop. Hold the position of *Now*. *See* how it's different. *Feel* how it has changed. *Know* that it's different. Relax and completely *let go*.

Destiny Now

We still have a few sub-methods to practice, so let's play with this a bit more. This time, connect your right hand to the timeline at the Present Moment. Imagine what your life will become in the future now that the old issue is gone. What will it look like? How will you feel? Slide your right hand to the right, into the future, as you think about this. Let yourself see the possibilities that will exist for you—how your life will be different. Look through future days, weeks, months, or years. Find a place where your life is absolutely fantastic. Can you see it? With that old issue completely resolved, look how far you're progressing! When you find a spot on your future timeline that looks so good that you'd like to completely connect with it, then stop your right hand at that position. Hold that point firmly. Place your left hand back on the timeline at the present—at *Now*. Lock it there. Quickly tense and jerk both hands, feeling a surge of energy coming from your right hand (your selected future state) to your left hand (your Present Moment). You may see this as energy that shoots in a straight line along the timeline, as a lightning

bolt, or as a pulsing wave. The point here is to realize that the energetic vibration of that future state has moved into your present reality. *Feel* this deeply, and then *let go*.

Time Change

For the purpose of this practice, let's keep working on this. Move your right hand along your future timeline again. Find that same beautiful picture of your life that you found before. Where is it in your future? Do you feel it is years ahead, months ahead, or only a few days off? Now let's move it closer. Imagine that the energetic state of your future self is linked to a certain point on your timeline. It's the point your right hand is holding. Grab that point resolutely. It doesn't have to be exactly at that point in your future. Remember that the future is flexible—undefined. So slide that event—that energy of your future self—to the left along your timeline. As you do so, *feel* it getting closer and closer to you. Keep sliding it until it's at a place where you are comfortable with it. You can move it all the way back to the present if you so choose. Place it wherever you can clearly and confidently *see* that it is real at that time in your future. Leave it there and then let it go. As you remove your hand from the timeline, *release* any emotions you have about it.

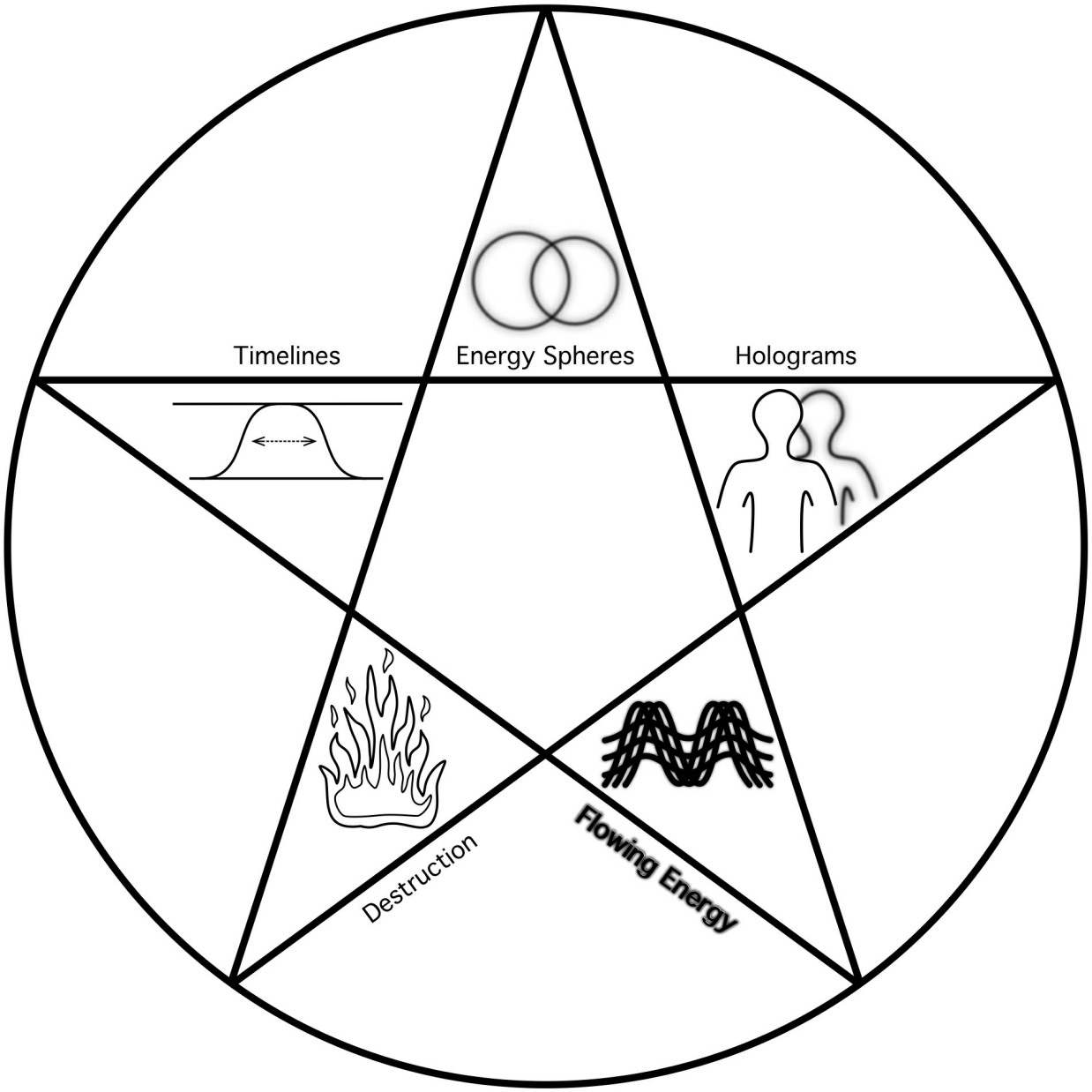
Insert It

When you are finished making all the changes you desire to your timeline, stretch both hands out across it. Bring your hands together slowly, collapsing the timeline back into them. With your palms together (or nearly so) and the energy of your timeline changes between them, insert that energy back into yourself at the location you originally took it from. *Feel* the intensity of all of those energetic changes taking full effect within yourself, your life, and your future. If you can do so with confidence, say a power word like "Activate!"

Allow yourself to *see* and *feel* the complete absorption of all of those awesome energetic changes into your being. *Know* that it's done, and completely *let go* of it. Nothing has to change. It's already done! Remember to clean up your magickal working space. Do this in a quick and simple fashion. Then relax and move on to something else, taking your mind off of the changes you have made.

8. METHOD #4: FLOWING ENERGY

If you wish to understand the Universe, think of energy, frequency, and vibration.
—Nikola Tesla



How To Use Subtle Energy Flows

You made it past the chapter on magickal timelines—the longest chapter of this book. Good job! I trust that you have practiced some magick with timelines and are ready to move on to the next methodology. Flowing energy is a little more abstract than the other methods, but it can be really powerful! When it is combined with other Mind Magic methodologies, you will see how versatile it can be. We'll get to that in Chapter 10. For now, let's discuss what energy flows are and how they are useful for working magick.

Remember that all of the "stuff" in the Universe is ultimately made of energy. Even the most dense matter consists of countless tiny packets of vibrating energy. Everything has a "vibration" associated with it. Let's call this its *resonance*. Everything has a "resonance"—a "vibe" or an "energetic signature." Yes, even relationships, situations, and ideas have such resonance. And the resonance of any particular person, object, relationship, condition, or abstract concept contains millions of tiny vibrations that make up that energetic signature. Such energy is typically unseen and is therefore often referred to as "subtle energy."

You've picked up on someone's "vibe" in a room. You've become aware of someone's anger, tension, or even jubilation, just by coming in close proximity to them. What is this awareness? This is your subconscious mind becoming aware of that person's energetic resonance, and this can be done without seeing, hearing, or utilizing any of your regular physical senses. You simply tuned into the subtle energy that was nearby—whether you wanted to or not!

Think of a situation where you had such an experience. You became aware of something without having to be told and without using your physical senses. It was like a "feeling in the air" that you simply *perceived*. Remember what that felt like for a moment. This perception was coming from your subconscious. Your subconscious mind detected pertinent information contained in nearby energy structures, and then sent a message about this information to your conscious mind so that you would *consciously* become aware of what is around you. It's like it was saying, "Pay attention to this!"

Now imagine that you received such a message when you were working on a task that took your concentration, so that your conscious mind was busy. Do

you see how you are less prone to pay attention to subconscious messages when your conscious focus is elsewhere? If you think about it, you may realize that you do this quite often—ignoring the subtle energy that is all around you in order to concentrate on something else. When you relax and calm your brain down a bit, you automatically improve your ability to *listen* to these subconscious cues. You become "tuned in" to these energetic structures. This is a key to how you will learn to use subtle energy flows.

Remember that everything is always changing! There is nothing that remains constant in the Universe around us! *Change* is the constant! And *Right Now* is the time it is changing. So, not only does everything have its own energetic signature at any given moment, but that resonance is also changing from moment to moment. As mentioned in the last chapter, it has a *rate of change*. Even those issues or situations that seem completely "stuck" have at least some small degree of change occurring naturally. With *flowing energy,* you are going to learn to utilize the concept of continual universal change to modify reality as you desire to. It's already changing, so you simply have to tap into it and guide it in the direction you choose!

Let's briefly review the quantum observer effect again. This is that process whereby your combined conscious and subconscious observation of reality influences how that reality actually appears. It is where *observation* becomes the *means* by which reality is altered, because according to modern science, your observance of reality cannot help but alter it—at least to some small degree. This is why physicists have such a hard time creating valid quantum experiments—they know that the observation of the experiment itself will change the outcome!

Now consider the idea of *observing* the subtle energy of a situation in a room. You have calmed your conscious mind down, and you are *paying attention* to the information that is present. Your awareness is keen. The information you perceive is about the energy structures that are all around you. As you "look" at them, realize that they are not "set in stone." The flow of this information is a two-way street! These energy structures are flexible, as they are always *changing* from moment to moment. Simply becoming *aware* of these flexible structures of reality has brought you halfway there! You are already utilizing the quantum observer effect! Now all you need to do is redirect that attention —that *observation*—to a different resonance, a changed energy structure, or an altered flow of energy. And *boom*—magick happens!

This may seem a bit abstract at the moment, but you will see how it works in practicality. You will learn how to use the *vagueness* of these energy structures to make *concrete* changes to them. And when you change those structures, you alter the reality that results from them!

Remember what you learned about "probability fields" in Chapter 2? Every particle of physical reality is not solid, but is composed of a probability field—and it is always vibrating, moving, changing. These probabilities influence the way each particle appears in reality, and there is a degree of *uncertainty* associated with each particle. This uncertainty is, of course, related to its *future state*—but that can be its immediate future, less than a millisecond away! In an instant, a single particle can reconfigure, appearing and behaving differently than before. On a larger scale, a whole group of particles can do the same thing.

When you first observe the energy you are working with, there is a degree of uncertainty about the state of that energy. This is natural and automatic, as everything in the Universe has uncertainty in the future—in the next moment of *Now*. That *uncertainty*—that lack of clarity in what reality "looks" like—is your friend! It becomes a tool whereby you can alter what any reality looks like. When you fully realize that the energetic structures you are observing are not set in stone, but are flexible from moment to moment, then you can easily decide to shift your observation and thus influence those structures.

So the key to working with flowing energy is twofold: 1) Relax and calm the conscious mind, allowing subconscious messages to easily flow to you about the energetic structures you are dealing with. 2) Consciously decide how you would like to alter those structures, and let yourself *observe* those alterations.

The Mind Magic methodology of "flowing energy" is different from the others in that there are not certain sub-methods for opening the magick, others for working with it, and still others for closing it. Instead, there are just different *ways* to utilize this flowing energy. Each of these concepts of working with subtle energy fields will be described in separate sections of this chapter. You will also notice that in *Appendix A*, the table of methodologies is structured differently for flowing energy.

All right, let's have some fun! This is really cool stuff! Not only will you learn another method for modifying reality, but practicing this methodology will likely make you a more perceptive and intuitive person in general. As

you practice *paying attention* to energy fields more and more, you may realize that there is information all around you—about anything you desire to know—and all you have to do is tune into it!

Working With Running Energy

The modality of what many call "running energy" exists apart from Mind Magic. Since it is quite congruent with the concepts in Mind Magic, we will be working with running energy as one way to utilize flowing energy fields.

Running Energy

How To Do This: There are actually a few ways to cause energy to flow or run, but they are all based on the same concept. Running energy can be used for healing (physical or otherwise), to help someone relax or let go of stress, or to rejuvenate a physical object in some way. I generally only use running energy for healing purposes, whether physical or emotional. Know what your purpose and intention is from the start. Using your hands, make contact with the person or object you wish to send energy to. If necessary, you could do this remotely using a picture or surrogate of the person. Calm your conscious mind down and *tune in* to the person or thing you are touching. *Connect* with them. Get a feel for what you are dealing with. This is like "reading" the information that is there. That knowledge can help you to direct the flow of energy more specifically.

Imagine a stream of energy, like a continual flow, coming out of your hands and into the individual or object you are transferring the energy to. How does the energy flow? That's where your imagination comes in! The simplest way to do this is to place one hand on the person (or object) and imagine a flow of energy coming out of that hand. The energy can start in your heart, mind, or just in your hand itself. The important thing here is that you *see* and *feel* this energy flow moving through your palm or fingers into the one you are touching. How you visualize this energy is up to you. It can be a wave, a flow like water, or a current like electricity—however it appears for you is fine.

You can also use two hands to send this same unilateral flow of energy into your subject. Just imagine energy streams flowing out of both of your hands. With two hands, you can also cause the energy flow to move back and forth between them. To do this, place the person or object (or picture or other

surrogate) between your hands. Then visualize the flow of energy going back and forth. It goes from your left hand to your right, then back to your left, back to your right, and so on. It's like a wave of energy that moves in a rhythmic pattern. Again, you are choosing the way that you see this in your mind. Technically, your hands don't have to be touching your subject, as long as you see the energy flowing *through* them at the point where you intend to create the healing (or other change). (See Figure 8.1)

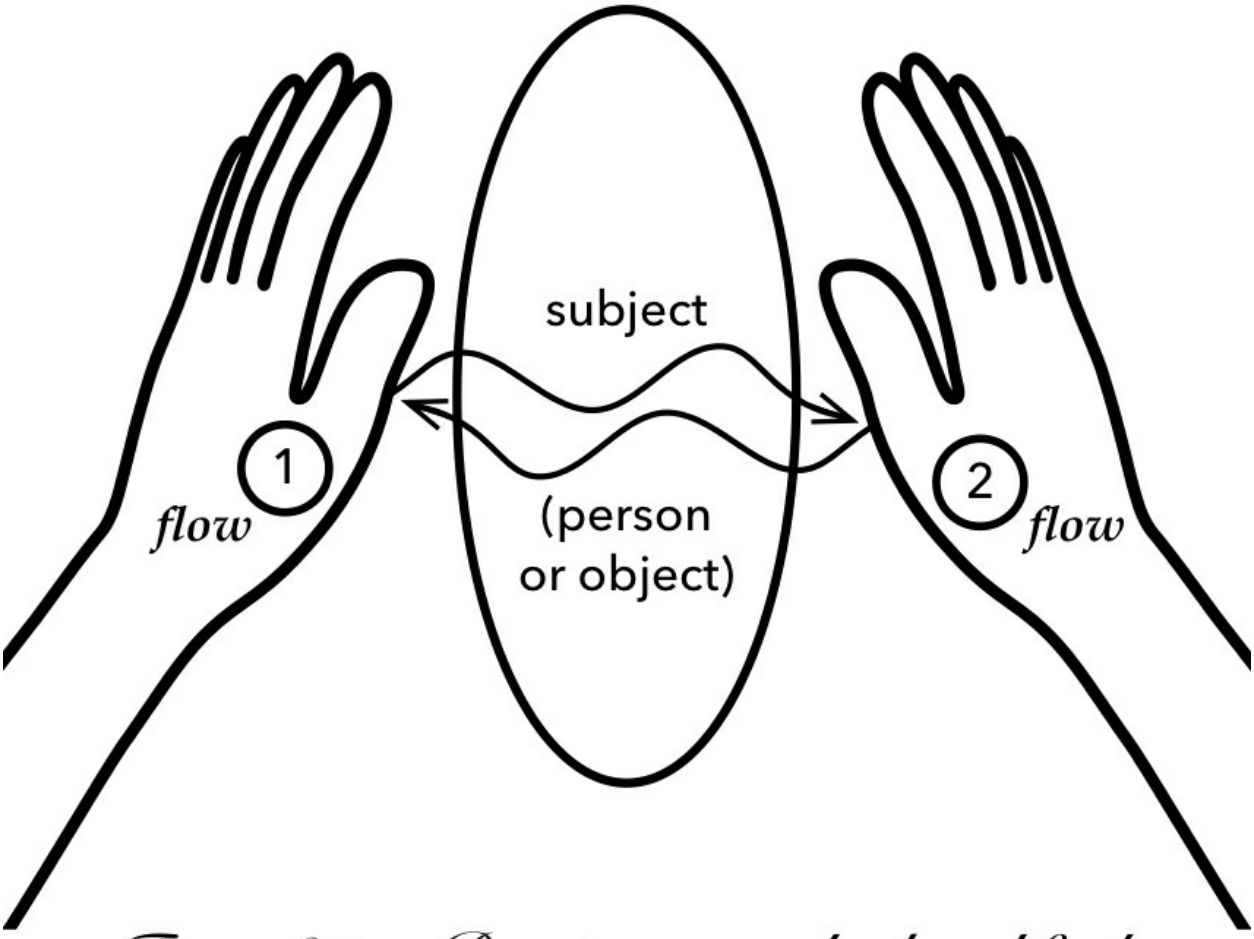


Figure 8.1 — Running energy back and forth between your hands

A third way to run or flow energy is to create a circuit. Using both of your hands, either make contact with your subject or simply place your hands in a position where the energy will flow through them. Using your imagination, create a circuit of energy that flows out from one of your hands, through the person or object, into your other hand, then up your arm, through your chest (or even up into your head), then down your other arm and out the first hand

again. (See Figure 8.2)

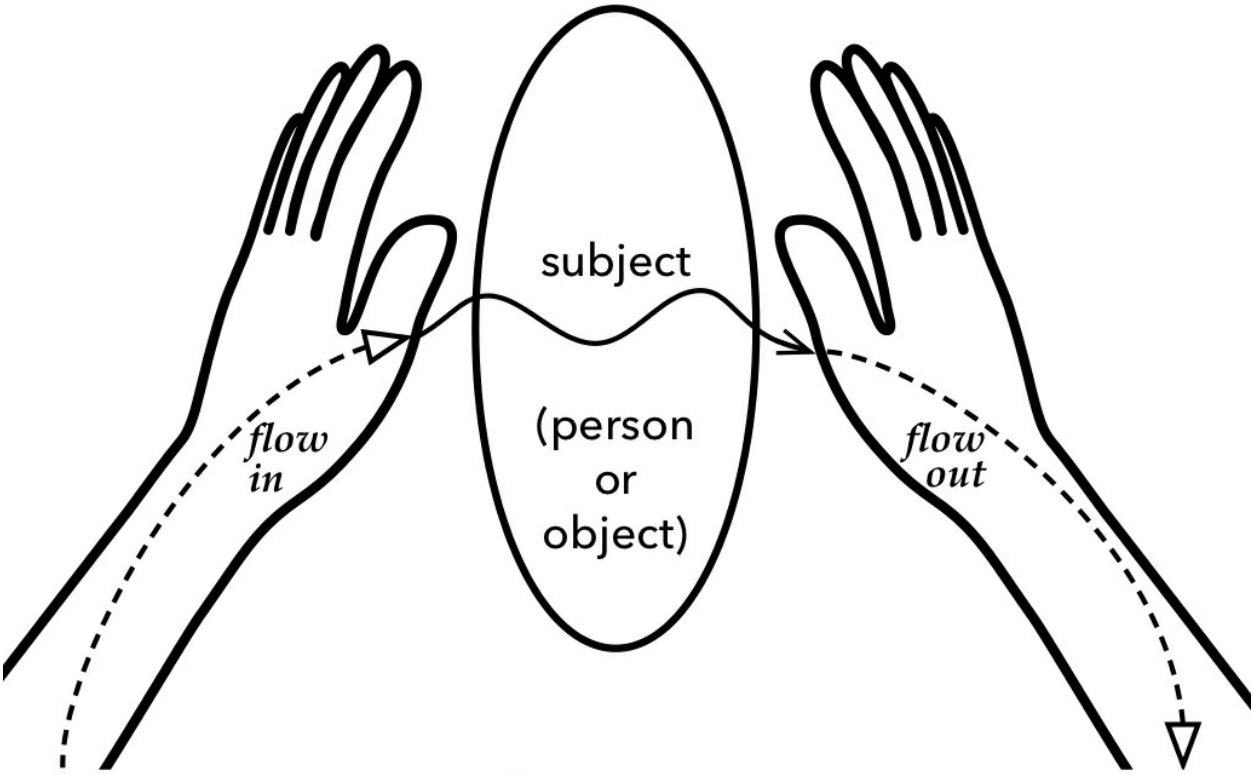


Figure 8.2 — Running energy in a circuit through your hands

For systemic issues, such as a temporary illness, you can use a running circuit of energy to visualize the energetic vibrations of health running through the person's entire body—or perhaps through their bloodstream. It runs through like a fire that burns up the enemy and thereby cleanses and purifies the body, restoring it to a state of perfect health and vitality. You can even use this concept on yourself! In fact, this is part of how I stay healthy all the time, regardless of what might be "going around." Of course, you can run energy through specific areas of your own body as well—to assist with healing an injury, for example.

If you are going to use running energy on another person, I recommend that you first decide which way you are going to make the energy flow (unilateral, back and forth, or in a circuit). You can, of course, always change how you are sending this energy mid-way through the magick if it seems fitting. I also recommend that you determine what you intend to do (what change you are making) before you place your subject in the flow of that energy. It's better to

focus on your intent *before* stepping into the magick.

Exactly what are you doing with this flowing energy? You are *seeing* and *feeling* the desired changes come about in your subject as the energy flows. This is magick that functions a bit *slower* than the other methodologies—and there's nothing wrong with that, as it gives you time to focus your intent more keenly on your subject. As you are flowing energy into or through the individual or object you are working on, watch (that is, *observe*) and see how the energetic structures of the issue are changing. You will know this magick is done when you can *see* (in your mind's eye) that the energy has changed. Allow yourself to see that it's changing—gradually, if necessary. When the *seeing* and *feeling* has sunken into a *knowledge* that it's already done, just *let go* and remove your hands. Note that this doesn't mean that the person has experienced a full healing at this point—just that you are done working this magick for them. Your magick may have simply altered the *current state* and the *rate of change* of that energy so that they are on the *path* of healing. The healing itself may take some time in your perception—or it may be instantaneous. Be open to either outcome.

Another option with running energy is to create a flow of energy that continues to work on someone even after you have removed your hands. Typically, this would be done by creating a circuit of energy through your hands and then shrinking that circuit down, smaller and smaller, until it is just a swirling circuit of energy localized at the area of the person's body which you were working on. This tiny circuit can be completely within the body or slightly protruding from it—however you choose to see it. Once this is in place and self-sustaining, you can remove your hands. Feel your hands release the energy as you pull them away. See that the energy stays there, spinning around and around, continuing to do its magick on the individual. In this case, you are allowing the magick to take its time to work on the person. You can later look at the circuit again to see if the energy is still going or if it's finished. Again, just because it's finished doesn't mean that the magickal changes are all completed. Let it take its time—you don't need to push it to work faster. Just let go and trust.

Optional Power Words: "Flow!", "Run!"

Example using "Running Energy": You have a friend that keeps having issues with her shoulder. It locks up, and she is hardly able to move it. Begin

by focusing your intent on loosening up the shoulder, so that it is able to move freely with comfort and ease. Bring your hands to either side of your friend's shoulder. You can either touch your hands to both sides of her shoulder or let them hover about an inch from it. Tune into the issue that is there and see if you can "read" any information about it that will assist you with sending it energy. With clear intent and a focus on the shoulder you are working on, create a back-and-forth wave of "loosening" energy between your hands. See this energy flow moving from one hand to the other, then back to the first, and so on, back and forth like a pulsating wave. Each time it cycles, it passes through your friend's shoulder. Once you have the flow going, change how you are looking at the situation. Watch as the energy begins to soften the stiffness in the shoulder. It immediately responds. *See* it continue to soften as you hold the flow of energy in place. *Feel* a sense of relaxation come over you, by degrees, as you watch the changes taking place in your friend's shoulder. You may notice that each time you feel another shift of relaxation, loosening, or healing, your subject may physically respond by relaxing, slumping, or shifting in some way. This is a normal response to energetic healing. At some point during this process, you may see that the shoulder has sufficiently loosened. In fact, you may even *forget* that there was ever an issue with it to begin with. If you can get yourself to forget about it, you can more easily step into the realization that it's already perfectly fine. Go through the steps of *seeing*, *feeling*, and *knowing* that it is done, and then completely *let go* of it, trusting that it is done as you see it to be.

Energetic Resonance

Consider again how everything—every object, situation, feeling, idea, and concept—has a particular vibration or *resonance*. This is its energetic "signature." Now contemplate the idea that the resonance of an energy structure can exist in a certain location in space. What if that location in space was not localized? That is, what if it could exist anywhere that you choose? And what if you could bring the *resonance* of all the various possible energy structures for a situation right into your magickal working space? That is just what you're going to learn to do here!

Tune In

How To Do This: Create a working space to work magick on a particular person, thing, situation, or abstract idea. Imagine that within that space are all the various possibilities for the issue you are working with—and that these are arranged in a chaotic fashion within the three dimensions of your working space. This is like taking the quantum physics idea of "probability fields" and displaying all the possible outcomes for a situation in front of you in 3-dimensional space. Only you don't see all of these possibilities at once. You just know that they are there. To "see" them, take your right hand and reach out into that space.

This is a largely subconscious experience, so you need to calm your conscious mind down and allow your deeper mind to *see* and *feel* what is there. It is like you are using your hand as an antenna to sense all the possible realities for the situation you are looking at. As your hand moves slowly through the three dimensions of that working space, allow the information—the resonance or vibration—of each point of that space to become clear to you as you move through it. There can be many or few of such possible points—whatever you choose.

Since you are dealing with *all* possible outcomes for a reality, you are going to see both positives and negatives as your hand slowly peruses that space. Don't be alarmed by anything you "see." Don't let yourself stress about any possible bad outcomes, as you may see things far worse than what is real. Just let them pass by. What you are looking for here is that point in your working space where your hand has found an energy structure that resonates with what you desire—with the intent of your magick. When you find it, stop and hold that spot with your hand. Focus on that one possibility *only*—the one you are holding. All the others have passed by. You only see the one possible outcome.

Now that you have connected with the desired outcome—that is, *the reality that you have chosen to resonate with*—you can pull in that energy or send it somewhere else if you like. You can draw the vibration into yourself, into a situation you are working on, or into an area such as a room. For example, if you are dealing with a stressful situation that you wish to find peace about, you can "tune in" (using your hand) to the space that contains the vibration of the desired peace. When you find it, simply let it flow from that spot into yourself. Or you can just tune into it and allow your mind to sink into that as the only possible reality. Another way to connect with an energy you have

located is to let it "drop down," like a gush of water or a gust of wind, flooding either yourself or a certain area with its presence.

You can use this Mind Magic methodology to connect to virtually any energetic structure that exists just by imagining that it exists within your working space. The Universe doesn't really care as much about spacial relationships as you think it does. If a vibrational energy exists somewhere, it may as well exist right in front of you! All that you have to do is tune into it! It's like you are connecting with the Universe and asking for a resonance that matches what you desire, and it says, "Sure, here you go!" What you are really dealing with here are thought forms—structures of the mind. The goal of this magick is actually quite simple. It is to get your subconscious mind to reverberate with the vibration of the desired outcome of whatever you are working magick on. And that can be done easier than you think!

Optional Power Words: "Connect!", "Flow!", "Resonate!"

Example using "Tune In": Let's say you are in a room where the tension has risen higher and higher. Perhaps it's a disagreement or fight. It could be at work or at home—or even in your car. Rather than engaging in the stressful conversation, you choose to bring peace to the situation. Quickly create a small working space in front of you, seeing that this space contains a myriad of possible realities for the situation at hand. Using your right hand, scan through that space, looking for a spot where you feel the resonance of the desired peace. All possibilities are in front of you as resonant energy structures. Scan through them quickly or slowly as you see fit. You may see points where the tension is even higher (going in the wrong direction), places where it's a little more peaceful (in the right direction but not enough), or points where there is no noticeable change. Scan until you find a space where the vibration of peace matches what you desire. You don't need to settle for less than that! When you find it, you can either hold it for a moment and allow that peace to flow down into the area, room, or vehicle that you are in. Or you can pull the entirety of that energy down at once (with your hand) and fling it into the target area. However you do it, allow yourself to feel a resonance with that peace. Let yourself deeply *feel* the peace coming into that area, softening things, calming spirits, dissolving stress. *Know* that peace, and then *let go*.

Good Vibrations

How To Do This: This is basically an extension of the "Tune In" sub-method. In fact, you could switch from using "Tune In" right to using "Good Vibrations." In this sub-method, you're going to use both your hands. With your intent in mind, begin by placing your left hand on your subject (person or object) at a location that makes sense for the changes you wish to make. If you are working on yourself, place your left hand on the area that is most applicable or on your chest or head for systemic changes. If you wish to work on something abstract like a situation, relationship, goal, dream, or desire, this magick works great for that! Just place your left hand directly in front of you as if it represents the present version of your reality for that abstract idea. You can also use a picture, surrogate, or other object that represents the "thing" you wish to work on.

Having your intention clearly in focus, search through your magickal working space with your right hand to find a location that contains the desired vibration. Remember, you don't have to settle for crappy vibrations. Take your time to find the spot that resonates closest to your desired reality—or that matches exactly if you can find it!

Once you find that space that resonates sufficiently with your desire, hold that spot firmly with your right hand. Make a mental connection between your hands. Allow that energy to flow from your right hand to your subject or target at the location of your left hand. (See Figure 8.3) Why am I specific about your left and right hands? Because of the perceived direction of the flow of time. As you search through possible vibrations, you are looking for what *could be* reality in the next moment—or in the immediate or near future. Flowing energy from your right hand to your left hand indicates more to your subconscious that you are bringing about a future possibility.

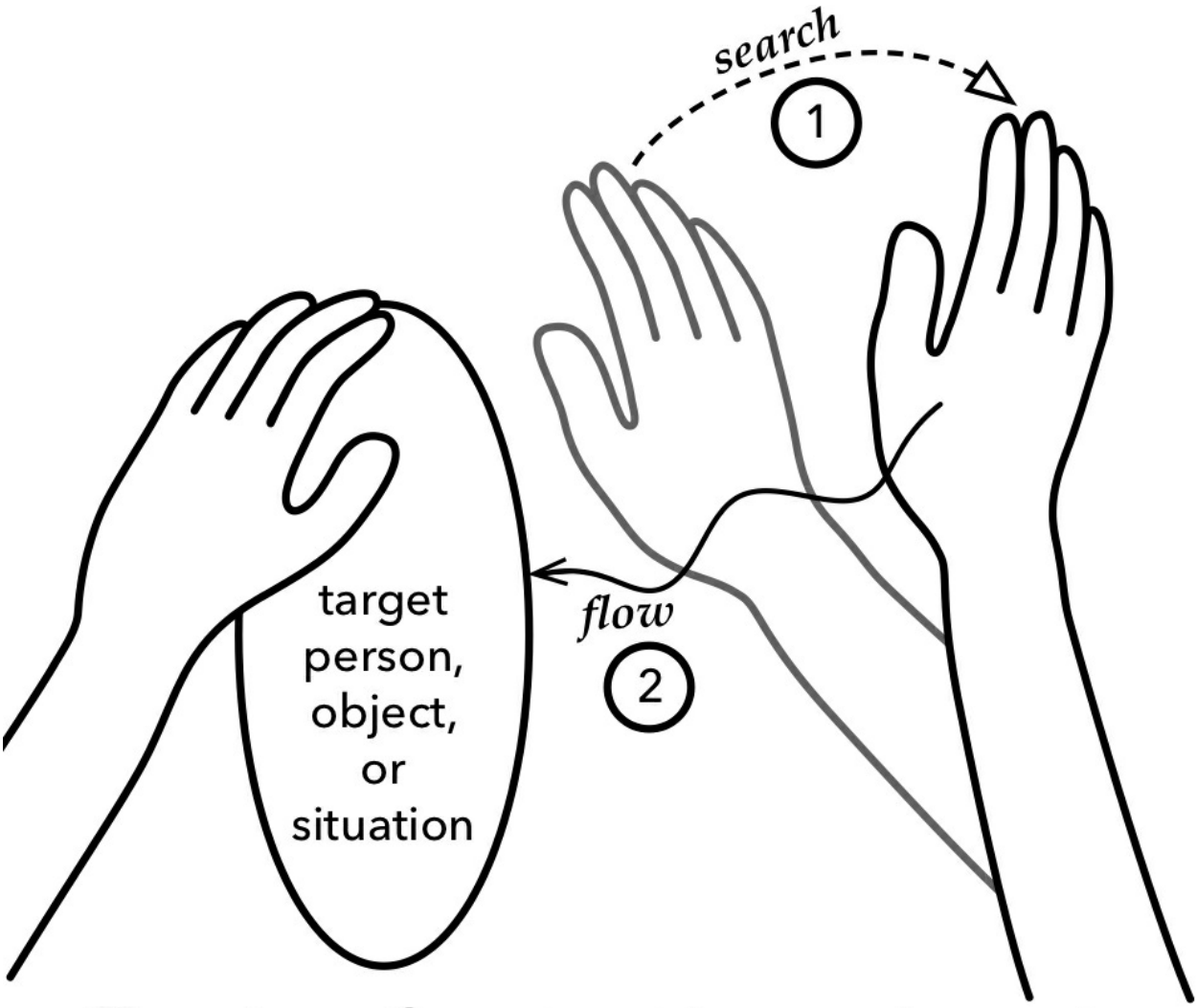


Figure 8.3 — Connecting with a space that contains the desired energy and then pulling it in

Allow the flow of energy that is happening to appear to you in the way it tends to show up. You might see this as a strong cord linking the two realities together. You might see it as a vibrating wave of energy. You might see it as an electrical sort of flow. Or it might look and feel like a gush or flood of energy. It could even feel like an instantaneous transfer of some energetic structure. However it appears to you, work with that. Continue to *see* the flow of energy until you *feel* that the reality at your left hand position now matches the chosen reality at your right hand position. What you are doing here is touching the thing, idea, issue, or situation that you wish to change, tuning in to *where* that change exists (those "Good Vibrations"), and then allowing the energetic signature of the new reality to flow into the existing reality. It's

actually quite simple and fairly easy to do once you get the idea. So give this a try and practice it!

Optional Power Words: "Connect!", "Flow!", "Resonate!"

Example using "Good Vibrations": Choose a goal, desire, or dream of yours. Touch your left hand to the center of your forehead as you visualize what your goal is. Pull out the energy of that "thing" with your hand and place it directly in front of you. Hold your left hand at this location. This is the first point of the connection. Next, search your working space with your right hand. Allow it to slowly inspect the possibilities that are there, letting the ideas of these possibilities pass through your mind's eye as you become temporarily aware of them. Don't pay attention to any that clearly do not match your desired goal. If you find one that partly matches, slow down and look closer in spots near that area to see if there is another resonance that matches it more exactly. Once you find a sufficient match to your intended fulfillment of that goal, dream, or desire, hold that spot with your right hand. This is the second point of your connection. At this second point are the *feelings* of what it is like to have the fulfillment of that desire already in place. Feel those clearly.

Now let the energy flow—from your right hand to your left hand. Feel the changes take place inside of yourself as you see the fulfillment of that dream or goal getting pulled into your reality. Let the flow continue as long as necessary until you can look between your two hands and see that the same resonance—that same fulfillment—is in both places. *See* it and *feel* it deeply until you *know* it. And then completely *let go* and move on to something else. Don't be surprised if you suddenly have ideas of how to spur your dream into reality. Be sure to take action on such inspiration!

Creating Magickal Shields

Another excellent use for flowing energy is to create energetic structures that remain in place long after the magick is done. One such structure is a magickal shield. This is one of my favorites! If you're a space or sci-fi fan (as I am), imagine creating an invincible shield like the high-tech futuristic shields around spacecraft in movies. It is *impenetrable*. Imagine being able to create such a shield around yourself, loved ones, or even important

possessions. Yes, you can also shield relationships, situations, conditions, dreams, and other abstract ideas. You can even shield things remotely. With this sub-method, you are basically protecting whatever person, object, or "thing" you are working on from destruction.

Shields Up

How To Do This: Use your hands to create powerful shields around things. Begin by feeling the ability that you have to shield something with your hands. Look at your hands. Feel the amazing ability that they have to work powerful magick for you! You would typically create a shield from the top down. However, if you are shielding a vehicle, you may want to go from the front to the back. If you are shielding a large structure such as a house, you may want to shield it from the top down and from side to side until it's complete. To create a shield around something abstract such as a relationship, first visualize it in your mind. Locate where that idea exists (in your perception), and then create the shield around it in that space.

When you create a magickal shield, see it forming as a powerful, protective energy structure that hovers just a tiny bit over the surface of whatever you are shielding. It might look like a high-tech grid pattern, it might be a smooth surface that flexes like some kind of plasma energy, or you may see it as an electric glow that surrounds the thing being shielded, hugging closely to its outer surfaces. The shields you create can be a variety of colors or they can be clear. You can choose different colors to represent different types of protection to you. Form a magickal shield with your hands as you move them around the object. You don't have to physically touch the thing you are shielding. Move your hands around it, seeing the shield form where your hands pass over it, until you have completed the shield all the way around it on all sides.

If you're shielding an individual, you hands should pass within about an inch of the surfaces of the person's body or clothes, starting at the top of their head and continuing down to the soles of their feet. See the shield form around the person between your hands as you move them downward over their body. Of course, you can't insert your hands into the floor under their feet. That isn't necessary. Just bring your hands down to the floor on the sides of their feet and visualize the shield forming under their feet so that it is complete all the way around them. Make sure you connect it all together. It

should be entirely sealed when you are finished, like an invisible cocoon that surrounds the person. (See Figure 8.4)

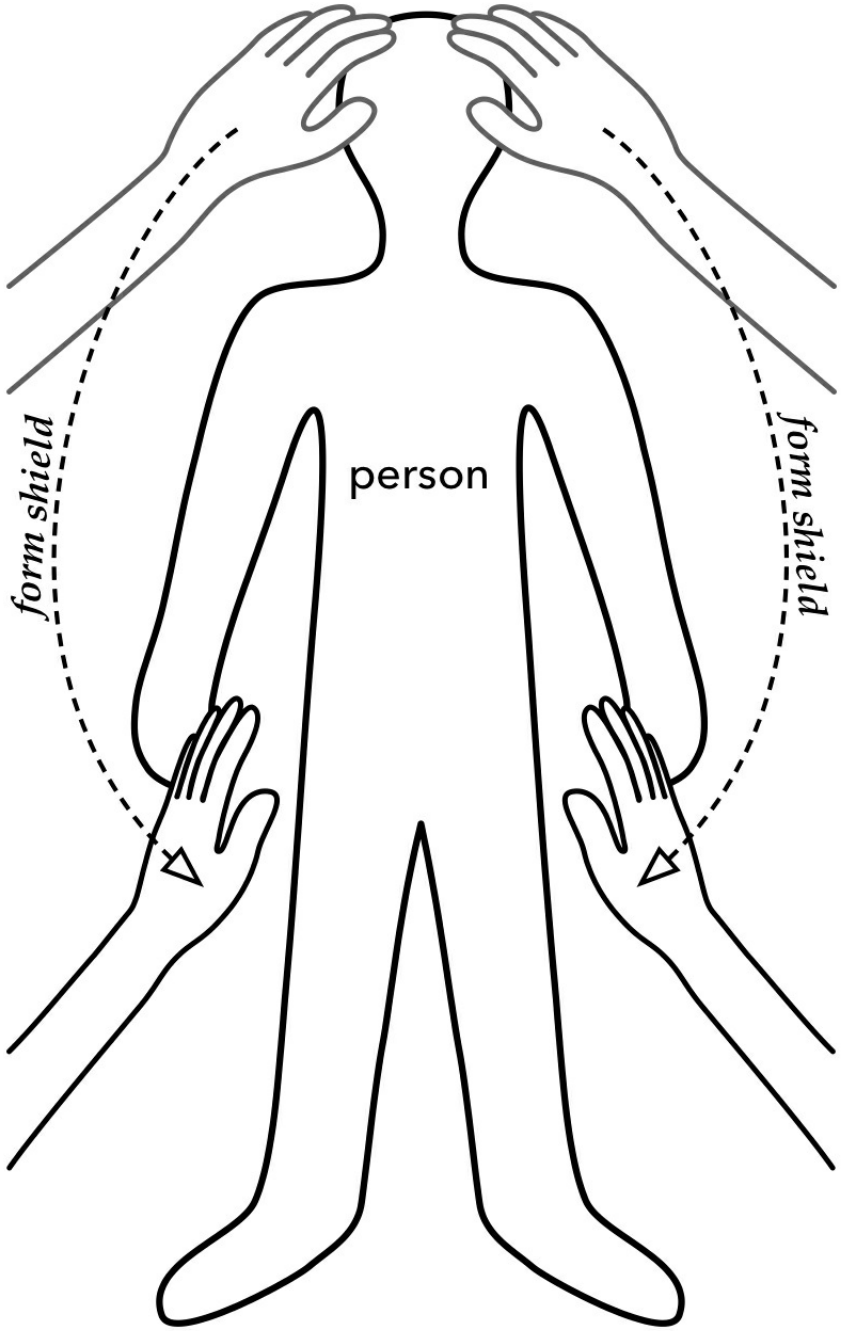


Figure 8.4 — Forming a shield around someone

To complete this magick, *feel* it's completion. Optionally, you can imagine an explosion of energy at the moment that the shield connects completely to itself all the way around the person. See that the individual is now safeguarded, encased in magical protection that is certain and sure. Imagine

any negative energy, intended harm, accidental occurrences, or anything "bad" which comes to mind just bouncing off of this person's shield without any effect! This is a powerful visualization! *See* that the individual is truly protected. *Feel* it deeply. *Know* it. And dismiss any doubt or fear. Then completely *let go* of any concern about that person's safety.

To shield a larger object, you will need to modify the shielding method a little. If you wish to create a magickal shield around a vehicle (such as a car, plane, or boat), do this while you are inside of it: Point your hands toward the front of the vehicle. In your mind's eye, see the shield begin to form around the vehicle's front. As you move your hands up and back, see the shield being created along the top, sides, and bottom of the vehicle, like it's being wrapped in a giant piece of invincible cellophane from front to back. Point your hands in the direction of the creation of the shield as it moves along. The shield you are forming can hover several inches around the exterior surfaces of a vehicle. When you get to the back of the vehicle, complete the shield. See that it joins to itself so that it completely envelops the object, granting magickal protection to it as it does. You might feel a jolt of energy when the shield is finished, indicating that it is firmly in place. The shield you create here is around the vehicle itself. So not only does it protect you while you are within the vehicle, but that protection naturally extends to anyone else that's in it as well.

If you choose to shield a house or other large structure, you may need to do a little more work. Create the shield piece by piece from inside the structure. For example, shield it from the roof down to the ground, then shield each wall. Point your hands to project the shielding energy as you do this. Connect all the pieces together at the end, forming a complete shield that is seamlessly sealed entirely around the structure. This shield can be several inches away from the outer walls of the structure, and the bottom of it should extend at least a few inches into the ground. Again, allowing yourself to feel a sudden jolt of energy when the shield is finished can confirm to your subconscious mind that it is complete.

Optional Power Words: "Shields Up!"

No matter what kind of object, person, or "thing" you are forming a shield around, an important aspect of this magick is to see that you are creating an energetic structure that *remains*, not one that fades away. This is not energy

that you would "clean up" when you're done working magick. The point of shielding energy is that it "stays put." It continues to shield the object for quite some time after the magick has been done—possibly forever. Every time you look at that thing again (with your eyes or in your mind), you can choose to "look" at the shield. If you no longer see it there, then I recommend that you repeat this exercise and recreate the shield. Not seeing it there—or even doubting that it's there—can take down this magick. No worries! Just create it again!

Shielding is one of the energies I created as a child without even realizing that I was working "magick." This has since become second nature to me, and I'm able to create protective shields very quickly and efficiently. If you practice this process, I'm sure you will become quite proficient at it as well. Remember, Mind Magic is all about how you actually *observe* reality. You can shield something over and over again if you like. And each time you do, you can see that magickal protective power getting stronger and stronger. If you *see it*, *feel it*, and *know it*, then that's what it is! Just *let it go* and trust in it!

Example using "Shields Up": Choose a small object that you would like to protect with a magickal shield. Place the object in your working space in front of you. Bring both of your hands just above the top of the object. Begin forming a shield around it at that point. Move your hands downward, keeping them just slightly past the outer surface of the object. It's fine if you touch it, but you don't need it. Just see that the shield is seamlessly being formed all the way around the object as you move your hands. It is as if your hands are creating it. In reality, it is a combination of both your hands and your mind. This is how you are fully engaging your subconscious mind in this process. If the object is sitting on a table or desk, wrap your hands underneath it to complete the shield. If the object is on the floor, bring your hands down to the floor on either side of it. Either way, see that the shield seals itself up on the underside of the object. Allow yourself to feel a jolt of energy as the shield is completed. Your hands may even jerk when you feel this. *See* that the shield is now in place. Remove your hands, and continue to see that the shield remains there. If you like, bring your hands to the object again to sense and feel that shield. Reach out and touch it! *Feel* that it's solidly in place. In some cases, it may feel like a palpable energy field. You might even feel energy shoot through your hands as you touch it. Leave the shield there, trusting that

it will stay there as long as you *know* it's there. Then totally *let go* of any concern about the object and move on to something else.

Connecting Things Together

One last powerful way to utilize flowing energy is by connecting things together. What you are really doing with this magick is linking together two different energetic fields that exist in reality. In modern physics, this is called "quantum entanglement"—only we are doing this at a macro level rather than a microscopic level. This kind of "entanglement" creates a very real but unseen resonance between two things. With Mind Magic, you are going to learn to create this connection and use it to work some practical magick.

Find It

How To Do This: This is a simple sub-method of flowing energy that is useful for finding something that's lost. As easy and simplistic as it seems, I have used this magick to find many, many lost items. It's not always 100%, but it's impressively effective. First, think of the object that has been lost. You will probably notice some tension or stress about losing it. You need to dismiss all of those thoughts. Open one of your hands and hold it out in front of you. Visualize the lost thing as being in your hand. Feel what this is like. You probably know what it felt like to hold it in your hand previously. *Feel* that exact same feeling now. The vibration of that object—its energetic structure—is in your hand. *Connect* with it! Imagine that your hand is like a powerful magnet for the missing object, irresistibly pulling it toward you. (See Figure 8.5)

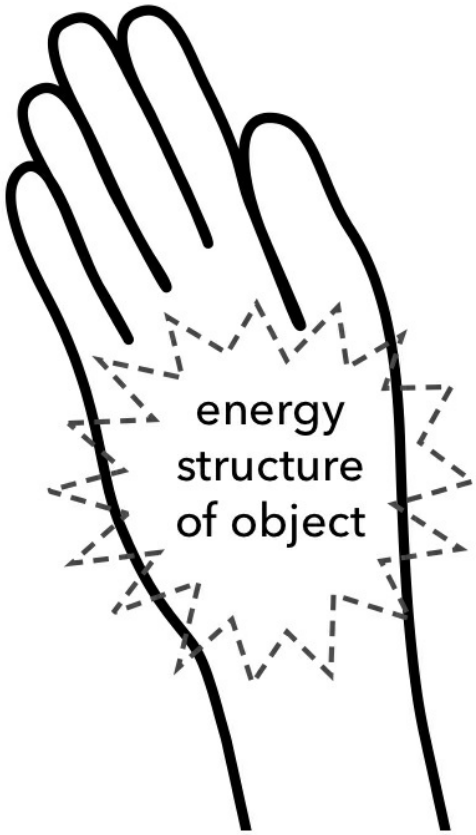


Figure 8.5 — Seeing an object as found in order to find it

Now change your mental concept of the situation to a condition where you have already found the object that was lost. Let your fingers close around it in your hand (assuming it's small enough). Feel what that is actually like. Your job here is to simply *see* and *feel* that it's already found. Let yourself really sink into those feelings until you *know* it. Your mind is flooded with the gratitude, the peace, and the relaxation that comes from this situation being behind you. You know you can relax now because it's already been resolved. Completely *let go* of it. There's nothing you need to do. It's already done!

Once you are at that point of gratitude, peace, and complete relaxation about the item, listen! Just *tune in* to the Universe. You may suddenly have a notion of where the object is. You may decide to peacefully look again. If you do, go about looking for it in a completely relaxed state of mind. Or, you may just let it go and figure it will simply show up. It's not always consistent which way this magick goes. At times, I have used this it to find items within a matter of seconds. At other times, it has taken minutes, hours, or even days.

The lost item almost always shows up.

Optional Power Words: "Find!" or (even better) "Found!"

I have to tell you a strange story about a time when I worked this magick to find something that was *really* lost. I had a specific pair of fine-tipped, thin scissors. My family has a cat with long fur, and I occasionally used those scissors to trim knots out of the cat's hair. The scissors had pink flowers on the handle and a pink plastic cap for the sharp tip (my wife had purchased them). I kept them in a bathroom drawer so that I knew exactly where they were when I needed them. A couple of years ago, we moved to a new home, and we lost the scissors. My wife challenged me to use my "Find It" magick to find the missing item. So I did. I visualized the pair of scissors in my hand. I saw the pink flowers on the handle. It was complete with the little blade cap. I felt my hand close around those scissors. I knew exactly what that felt like, so it was easy to duplicate the feeling.

But they didn't show up. In my mind, I could see exactly where I had kept the scissors in the bathroom drawer of the other house, but I couldn't find them in the new house no matter how much I looked! Months went by. A couple of times, my wife asked me if I ever found those scissors. I had to answer that I didn't. She asked me why it didn't work. I answered that I simply didn't know. Sometimes there is unseen energy in the way which prevents magick from working and we don't know why. But I continued to see that I had found the scissors, and I just let it go to see what, if anything, would eventually happen.

As time passed, a few occurrences came up where I needed to cut a knot out of the cat's fur. I had to use other scissors for the task. The pink flower scissors simply hadn't shown up! Then, a few months ago, I noticed more clumps of fur on the cat. I thought it would be really useful if I had those sharp-tipped little scissors again. I walked straight to a closet where we had put some of the cat's things. There on a shelf at about eye-level were the scissors! They were literally sticking out over the edge of the shelf! They were practically jumping out at me! Understand that this was not a closet that we never used—it was one that was opened every day. In fact, that very shelf is where we keep the cat's food, carrier, and other supplies. Things had been moved on and off of it continually for nearly two years! Not only that, but the cap was missing from the scissors. I promptly found the cap under the cat's

carrier! It had been removed like the scissors had been recently used, even though I hadn't seen them since we lived in our previous home.

I wanted to solve this mystery, so I individually asked every member of the family whether they found those scissors, had placed them on that shelf, or had seen them at all. No one knew anything about them! They just mysteriously showed up one day hanging off of a shelf as if they were in regular use! I still have no idea how this occurred. But I did hold those scissors in my hand again, cap and all, and I closed my fingers around them.

This brings me to the final step of this magick. Once you actually find the item that was lost, hold it in your hand—the same hand that you imagined it in. Even if someone else found it, the magick still worked—so hold in the object in your hand for real. Give thanks for finding the object and realize that the magick you worked has come full circle. It is now complete, and you will be even more confident the next time you go to use this beautiful but simple magick!

Example using "Find It": This is a useful magickal construct for important things that you misplace, like your phone or your keys. However, it's not likely that you're missing one of those at the moment you're reading this. Choose something that you might have lost recently and still can't find. It can be a small and insignificant item if you can't think of something important that's missing. It doesn't matter. Just relax, hold out your hand, and visualize holding that thing in your hand. Let go of any angst you had about the item being missing. *Feel* what it's like to have it again. Really identify *exactly* how it feels to hold that item, and let yourself sink into those feelings. Close your fingers around the imagined object in your hand. Notice keenly what it feels like to actually have it within your grasp. Shift your perspective from looking for the item to having already found it. Let feelings of gratitude come to you as you realize that it has been found. If it's difficult to feel gratitude over such an insignificant object, then just feel gratitude for the realization of the power you have to work this magick so easily! With the knowledge that the object has already been found and there's nothing to be concerned about, just *let go* of it and move on to something else.

When you do find the missing item, remember to hold it in your hand for real, feel the completion of the magick, and give thanks for the fulfillment of it.

Make Connections

How To Do This: With the "Find It" sub-method, you made a connection between your hand and some other object. This connection is made in the mind. It links two real objects together, creating an energy of drawing them toward each other. Now let's extend that idea. Consider making a permanent connection between any two objects. Such a link keeps them together, more or less, over time. This concept is using the same idea of quantum entanglement. With this, you are basically tethering two different "things" together. Those *things* can be people or physical objects. You could technically connect abstract ideas together, but that may be more difficult to visualize.

How is this useful? Imagine if you created a link between yourself and items that are really important to you—such as your car keys, purse, wallet, or cell phone. This connection keeps those items with you—when you want them, of course. Hopefully it won't keep your phone stuck to your hand! It can also make it easier to locate an object if it becomes separated from you. It may even prevent the possibility of theft! You can create these energetic connections between two objects, between a person and an object, or between two people. You might want to link two objects together to keep one thing with another thing. For example, maybe you want to keep a certain pen in your purse. The point of linking two people is to ensure that they stay together, generally speaking. You might do this with a child to ensure that they don't get lost and stay safely with you (not continually, but in general and over a long period of time).

You will make these energetic connections with your hands. To form a link between two objects, place one hand on each of the physical objects that you'd like to link together. To make a connection between a person and an object, place one hand on the person and one hand on the object. If you're linking yourself to something, place a hand on your forehead, at the location of your third eye chakra point. This can help you to "see" the bond that's being formed more clearly. To link two people together, place a hand on each person. If one of those people is yourself, have one hand on your head or forehead. Your other hand should rest on the other person's head. Note that if you are making a connection to your child, you don't have to tell them what you are doing—just make it something fun!

With one hand on each of the people or physical objects you are choosing to connect, imagine a flow of energy between your two hands. Let that flow intensify in your mind until it forms a solid connection between the two individuals or items your hands are resting on. Imagine this as a line, string, cord, or wavy energy form that joins the two things together. If you are familiar with astral projection, you can imagine it like the tether cord that links your astral body to your physical body. It can flex and stretch as much as necessary, but it is *unbreakable*. It is also permanent, remaining in place as long as you need it. This powerful tie will always bring these two objects together again at some point. Once you are able to *see* and *feel* that this connection is complete, and you *know* that it's firmly in place, you can *let go*. Release your hands and relax your mind. It's done! Always trust that this connection is in place. If you ever desire to strengthen it, you can always do this process again.

Optional Power Words: "Link!", "Connect!"

I have a daughter that was difficult to keep track of when she was little. She's an explorer, and she loved to run free whenever she had the opportunity. And she was fast! We would quickly lose track of her in stores, parks, parking lots, or even crowded public places. So I took the time to make a solid connection between her and myself. This connection was like a strong cord. It had "play" in it, so it could stretch and bend as much as necessary when we were apart. Whenever I needed to find my daughter, I could just grab hold of that cord with my hands and pull her toward me. I imagined that the cord became taut and more solid as I pulled on it. Sure enough, it helped me to locate my little girl quickly every time I used it!

One time, she got separated from the family in Disneyland. I think she was about seven years old. The place was crowded with people. To locate her, I relaxed, let go of any concern, grabbed hold of that invisible cord, and began walking. I was able to clearly see which way she went by following the path of the cord in my mind. I knew that she was now looking for her family, wading through the crowds alone. I could tell she was going the same direction that I was. It was difficult to catch up. So I pulled firmly on that cord, imagining at the same time that it stopped her in her tracks and turned her around. And it did! She turned around right away and headed back the other way through the crowds. Within a minute or two, I found her!

Example using "Make Connections": Think of a physical object that you'd like to link to yourself so that you can ensure that it stays with you—that you're always able to locate it or get it back. Choose something important, like something you rely on daily or perhaps a prized possession. Have the object with you, then relax and clear your mind. Focus only on the two things you want to link—yourself and the object in front of you. Place the fingers of one hand on your forehead. Touch the object with your other hand. Begin to feel a flow of energy between yourself and the item. You may notice that there already is a connection of sorts between you and this object. That's fine. You're going to take charge over that connection now. See that the flow of energy between yourself and the object is bidirectional—that is, it goes both ways. Next, *see* it solidify into a firm connection between you and your possession. Let it form into a strong line, energy wave, cord, rope, or cable. See it connecting the object to your head, forehead, or chest. It doesn't matter how you visualize this as long as you see it as an incredibly strong bonding link between yourself and the item. *Feel* this connection deeply. *Know* that it's in place, and then *let go*. It's that simple!

One important side note about energetic connections: If you have made a connection between yourself and an object—or even between two different objects—and you later decide to get rid of the object, you should undo this magick. I don't normally recommend undoing magick, but I highly recommend it in this case. Let's say you decide to give the item to someone else, donate it, or even throw it away. You should first break the connection that you've made with that object. Yes, break the bonds you've created to things that you no longer desire. If you don't, you may experience those things coming back into your life in mysterious ways. I'm telling you this in advance so that you can avoid any unwanted negative side-effects.

To break a connection you've made, clearly bring it up to your mind. Reach out with a hand and *feel* the link that's there. Feel the energy of it. Feel how strong it is. Acknowledge that the connection is present. Then visualize some form of cutting instrument. This could be wire cutters, bolt cutters, a huge pair of scissors, or even a sword. Using your hands and the tool in your mind, cut that bond suddenly, cleanly, and surely. You may feel a tremendous release of energy when you do this. It could create unusual feelings or a sense of being off-balance, dizzy, or unstable. This is okay. Just let it pass. It's better to release it now than to see what side effects might come from leaving

that link in place. If you have already given the item away before you had a chance to break the connection, don't worry! You still have your end of the connection, so you can bring it to mind and break it in the same way. You don't need the object with you to do this!

Put It Into Practice

Since the various sub-methods of "flowing energy" are a bit diverse, this practice section will be a little different from the others. Your purpose here will be to practice Mind Magic using the various forms of flowing energy. As before, I have referenced each sub-method so that you can refer back to that section of this chapter if you need to. Again, *Appendix A* provides you with a complete table of the Mind Magic methods and sub-methods. I strongly recommend that you practice each of these concepts before moving on.

To begin, go somewhere where you can be alone and have time to play with some magick. Choose your working area, create your magickal working space, and then proceed. You don't have to have something to work on in each of these areas, but I do want you to practice what each of these magickal concepts *feels* like. So just come up with something if you need to in order to get a feel for the different ways of working with flowing energy. Remember to relax and have fun with this, as both your conscious mind and your subconscious mind love fun!

Running Energy

Choose an area of your own body that has any kind of "issue"—a scrape, bruise, ache, itch, even a bug bit. It should be a spot that you can reach with both hands. If you don't have any such injury or issue right now, that's great! Just choose a spot on your body where you'd like to send some beneficial energy. Relax and clear your mind. Touch that part of your body with one hand at first. You can touch it with just your fingers or with your whole hand, whichever feels right to you. Feel healing or soothing energy begin to flow out of your hand and into the place you are touching. *See* the flow of energy in your mind. *Feel* it moving.

Now place both hands at that same location. Begin to send this beautiful, soothing energy stream back and forth between your hands. Focus on this for a moment until you can clearly *feel* the flow of energy. When you're ready,

change it one more time to a circuit of energy. See in your mind's eye and feel within your body a flow of healing or soothing energy coming down one arm, out one of your hands, through the area of your body that you are touching, then into the other hand and up the other arm—making a complete circuit. Let yourself stay there for a minute or two, *seeing* and *feeling* this flow of energy moving around and around through your body.

As you are moving all of this energy, if you are really working on a physical issue, go ahead and watch it improve while you hold the flow of energy in place. When you are ready, let go, relax, and move on to working with energetic resonance.

Tune In

Choose a positive energy that you would like to pull into your working space. Here are some ideas: Gratitude, love, peace, fulfillment, happiness, joy, empathy, satisfaction, wellness, abundance, or prosperity. Just choose something that you'd like *more of*. Focus your mind on the idea of the energy you have chosen. Clear your mind of everything but that. Reach out with your right hand and slowly move it around your working space. Allow your subconscious vision to *see* and *feel* the various energies that are present in the spaces that your hand passes through. It's like you are looking through an old library card index (remember those?) and the cards are all mixed up. You are looking for one that represents a certain book—a particular "bit" of information. In this case, that information is the positive energy structure that you have chosen. Ignore everything that doesn't match up to what you are looking for.

You'll know when you find it. Your hand will resonate with the energy you were seeking. When you do find it, stop your hand at that location. Note that it is okay if you can't hold your hand still at that spot. You have locked onto the energetic resonance that was at that location. It's okay if your hand moves or shakes a bit after that. Now turn it so that your palm is up and imagine you are initiating a flow of that energy into your working space. Turn on the flow and let it pour down on you! *Feel* that powerful, positive energy flooding into your working space and into your personal energetic field! Allow yourself to *resonate* with it deeply and strongly. Continue this for as long as it feels great to do so. Then *let go* and relax your hand.

Good Vibrations

Remember that you can connect with virtually any energetic structure that you choose within your own working space. Just imagine that you are perusing through a huge index of all the possible energies in the Universe that pertain to the thing you are working on. For this next exercise, choose an area of your life that you wish to improve, and then choose how you would like to improve that part of your reality. You could choose a relationship and that you want to increase peace, strengthen connection, or enhance intimacy. You could choose finances and that you'd like to increase your income, make a significant purchase, or have more money for fun activities. You could choose your career and decide that you'd like to get a new job, get a promotion, or even change your career.

Whatever you choose to work on, focus keenly on it. Bring your left hand to your forehead (or wherever you perceive the idea you are working on to exist within or around you). Grab that concept and bring it out so that it is directly in front of you. Hold it there with your left hand. It represents your current reality in this area—although the intention for change is there. With that intention in mind, bring your right hand into your working space. Slowly search all around with your right hand, looking for that spot that resonates with your desired reality.

As your right hand moves through the limitless possibilities of your reality in this area, allow your mind to *see* and *feel* what those possibilities are. You may see both good and bad results as you move your hand around. Ignore the negative visions and look closer at the positive ones. When you find one that closely matches, hold it for a second and take a good look at it. Is it a close enough match? Can you see yourself happily living your life with the changes you desire in this area? Does the space your right hand is holding resonate with that idea? If it's not good enough, keep looking until you find a better resonance. Once you have found an energetic signature that is close enough to your desired reality, lock your right hand onto that spot. Again, don't worry if you can't hold your hand completely still. It's really your subconscious mind that has locked onto that vision.

Next, make a connection between your two hands. Then initiate a flow of energy from your right hand to your left hand. In other words, you are letting the energetic resonance of the desired reality flow into the current, existing reality. Let this flow continue until you can see that the present reality at the location of your left hand is changing to be more like the *resonance*

represented at your right hand. Look back and forth between your hands. In your mind's eye, you are looking at the energy that is at each location. Allow the energy to flow until they appear much the same—until your present reality at your left hand looks just like the energetic reality at your right hand. *See* and *feel* this until you *know* it. Then relax both hands, take a deep breath, and totally *let go* of any need for those changes to occur.

Shields Up

Stand up in your working space (if you are not already standing). Next, you are going to create a magickal shield around yourself. With the intention to shield yourself, bring both hands to the top of your head. See that a powerful shield begins to form as soon as you touch your head. Imagine it being a certain color—maybe blue, white, or yellow. Pick a color that represents the type of protection that you intend for yourself. As you bring your hands out and down toward your shoulders (keeping them slightly away from your body), feel the shield forming around your head. Now bring your hands in front of your shoulders. The shaping of the shield follows where your hands lead. See it wrap around to your back as you form it downward. Next, bring your hands down in front of your chest, over your belly, and down to your hips. *See* and *feel* how this protective shield stretches downward under your hands, wrapping around your torso as it forms. Continue to move your hands down your body, bending down as you do so. Bring your hands along the sides of your legs all the way to the floor on the sides of your feet. Bend your knees if you need to. If it's too difficult for you to bend down in this way, then sit down and bring your hands as close to the floor as you can. See that the shield wraps all the way under your feet. Here, it connects to itself to complete a cocoon-like energy structure that fully surrounds your body. Allow yourself to feel a jolt of energy shoot through you as the shield is finished. It's done! Spend a moment feeling it's powerful presence all around your body. Bask in the consciousness of the powerful protection that you now have!

Congratulations! You've just shielded yourself, possibly for the first time. What does this shield protect you from? That is based on what you intend the shield for. You can create a shield for protection from accidents, serious injury, sexual harm, or even mental distress. Or you can be more specific, such as a shield to protect from falling or from injury during a sport or work task. You can even create a multi-layered shield if you like, by creating

multiple shields, one on top of the other. Each of these could be a different color and may represent protection from a certain thing. Being consistent with the colors of your shields can strengthen them even more. Use your imagination here! Remember that you are working with energetic thought forms that can be modified to appear any way that you like.

Find It

Now let's move on to creating a connection or link between two things. We'll start with the simple "Find It" magick. Think of an object that is lost. If nothing comes to mind, just think of any object. It can be something you know is in a drawer in the other room. It doesn't matter. Just get familiar with this magick and what it feels like.

Relax, clear your mind, and focus on the object in question. Hold out one of your hands, palm up. Imagine having that item in your hand. Really feel it! Experience what it's like to *see* and *feel* that thing resting in the palm of your hand. Feelings can be extremely specific, and your subconscious mind knows this. There is an exact feeling of holding the chosen object in your hand—and there is a corresponding energetic structure to that feeling. Here, you are utilizing the secret power of controlling your feelings in detail. Now close your fingers around the imagined object and *feel* what that is like. Force your mind to ignore or dismiss any feeling that the object is lost. Instead, shift to feeling like you've already found it. *Feel* the gratitude, peace, and calmness that comes from the lost object being found. You already have it! There is no concern! When you have solidified that feeling really strongly within yourself—enough to *know* that it's already found—then relax your hand and completely *let go*.

If the object you were feeling for this exercise really was lost, go ahead and follow any inspiration to look for it again. Or, if you have no such inspiration, don't bother with that. Just trust in the magick and that it will show up when the time is right. When it does appear, remember to hold it in your hand and give thanks for the completion of the magick.

Make Connections

For this last part, bring two objects which you'd like to connect together into your working space. If you have nothing that you want to connect like this, that's fine. You can just pretend you have something for the purpose of this

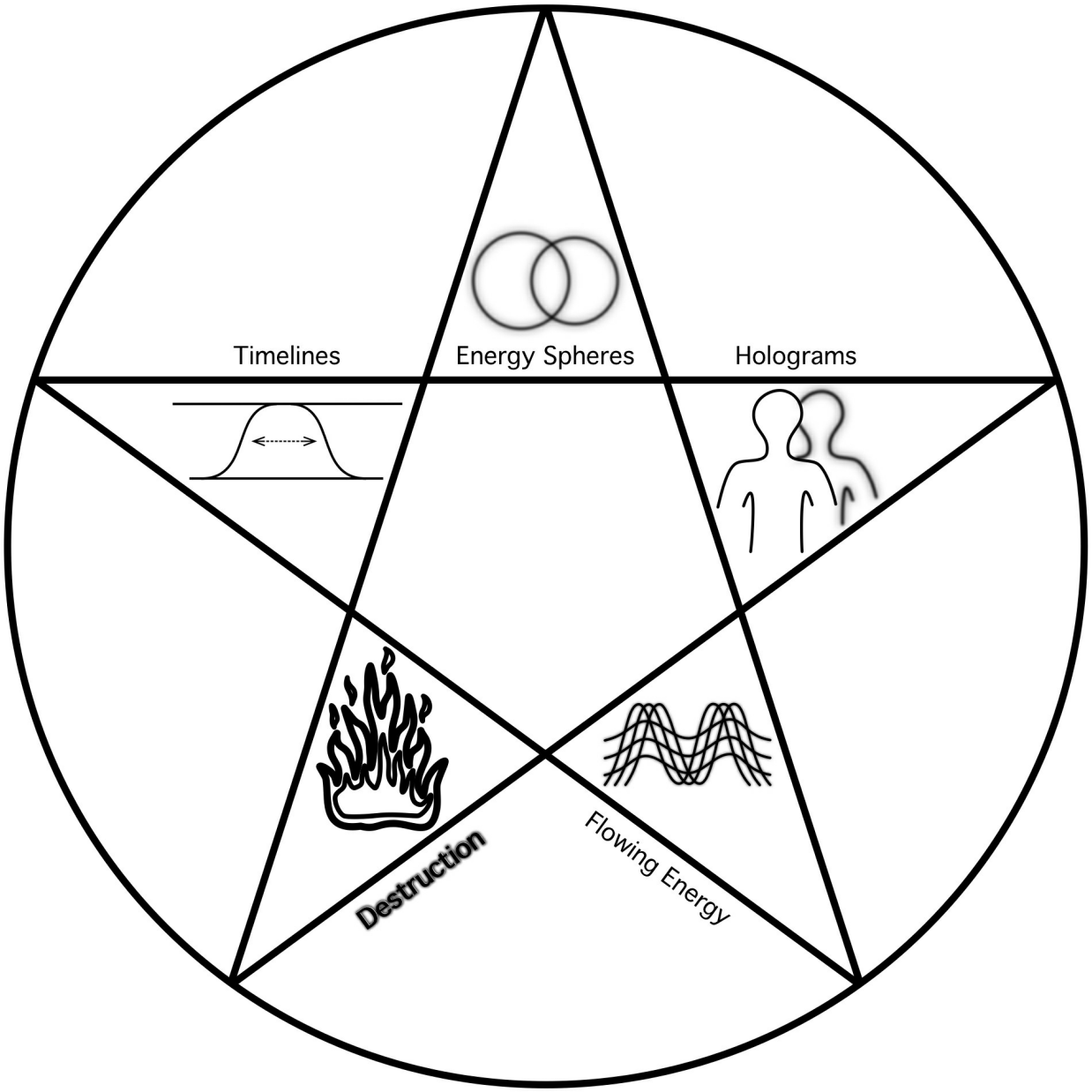
exercise. Set the objects in front of you—in your lap or on the floor in your working space. Place one hand on each of the items. Imagine a flow of energy begin between your two hands. This can be a back-and-forth flow or just an energetic connection. See it intensify and solidify until it forms a strong line like a cord or cable. *See* that this line joins each of these objects firmly to the other. *Feel* the power of this connection strongly. Feel this until you *know* that the link is unbreakable, yet flexible. The objects could be separated for a time, but will always come back together again somehow. Then completely *let go* of it, realizing that this energetic connection remains in place for as long as you require it. Trust that!

You're done! Remember to clean up your working space when you have finished your magick. Collapse it, ingest it, or just dissolve it as you exit!

9. METHOD #5: ENERGETIC DESTRUCTION

You can only move ahead by letting go of old ideas.

—Bob Proctor



The Purpose Of Destruction Energy

Any decent magickal system wouldn't be complete without a way to *destroy* those energy structures that are undesirable. Energetic destruction, the fifth methodology of Mind Magic, does just that. It provides you with various methods to eliminate unwanted energies from the reality you are working on.

Why is this necessary? One of the reasons for magick *not* working is that some unseen energy structure is blocking it. Consider the science of the natural world. We see that changes occur in nature based on force and pressure. Things tend to *flow* according to the sum of all the forces that are working upon the environment, generally taking the path of "least effort." A river chooses the easiest path downhill, responding to the combined forces of gravity and the resistance of all the objects that are in the way. The path or flow created is a result of the combination of all of the forces at work. Pressure from a rock, tree, or hill causes the water of the river to be redirected either by a small or large amount. We could apply this same idea to any other force of nature—wind, rain, erosion, storms, earthquakes, etc. They all flow according to these principles, responding to the forces and pressures that are at play.

When you pour water from a teapot into a mug, you are simply utilizing what you already know about how that water will respond to both gravity and the solid walls of the containers you are transferring it from and to. The flow is predictable because you are aware of the major forces that are present. There are minor forces present as well, such as the gravitational pull of the moon or sun or a slight breeze from a vent that is blowing air at you, but these forces are negligible and don't significantly effect the outcome of what you are doing. But what if you were pouring that water on a boat that was rocking considerably? Or what if someone bumped into you from behind when you weren't expecting it? Such additional forces could cause you to spill the hot water. Your lack of awareness of these forces makes it difficult for you to compensate for them. However, if you knew which way the boat was about to rock or that someone was about to bump into you, you could adjust for it and probably avoid that spill. Better yet, if you could *eliminate* any such disturbances, you would have far better control over what you were doing.

Magick is utilizing similar scientific principles of pressure and force. It is the

science of the mind, based in the more sensitive modern science of quantum physics. In this science, the *observation* of reality is itself a force that is working on the environment. But that observation is not limited to what you are *seeing* as you deliberately work your magick. It also includes all of those *unknown* perceptions you are making with your subconscious mind. Remember, it is the *observance* of your subconscious that exerts the most powerful influence over your reality, and you may not be aware of all the concepts that lurk in your subconscious mind.

For example, let's say you fight hard to keep a certain amount of money in your bank accounts every month after you pay your bills. Then you go to work magick to increase your monthly income. Your subconscious now has both observations going: The new one that says your income is increasing and the default one that says you are keeping the same amount of money in the bank. Which one is stronger? If they are both strong, your magick may increase both your income and your bills! That way, you have both—an increased income and the same net amount of money! Now imagine if you eliminated the energetic structure of that default observation. You destroy it, thus allowing your subconscious to see both an increase of income *and* an increase in your bank accounts.

This is why I say that unseen blocks can impede the flow of your magick. The good news is that you can eliminate these! The first step to doing that is to identify them. Realize also that not all unseen energies that are blocking your magick are coming from your own subconscious mind. They can come from the minds of other individuals that are connected to a given reality. They can come from the immediate environment, from others who are in the room observing you, or even from societal norms that tie into the magick you are working. Yes, you can eliminate these negative energies from affecting your magick as well! First become aware of the influence of the blockage you are dealing with. If you aren't aware of an energy that's working against you, it's difficult to remove it. But once you become *aware*, you can compensate for those unseen forces by destroying them altogether! *Awareness is key.* Clearly identify whatever energetic pressures are present that might be opposed to the intentions of your magick. And then annihilate them!

So just how do you identify what these unseen energies are? Well, you don't have to go looking for them. Just proceed with working the magick you want to work. Make your intention clear. Follow the steps to *see*, *feel*, *know*, and

let go. Generally, if there is a block to what you are doing, it will present itself. This might happen by you suddenly realizing that there is a related issue. As you are working your magick and feeling it strongly, you become aware of an obstruction to it. This is when you should deal with it—right then when it presents itself! Why? Because that block has become vulnerable. You told the Universe, "Here is what I am changing. It is now that way!" Then the Universe responded by bringing up a major issue that's preventing what you desire, as if it's saying, "But what about this other thing?" In such cases, you are being handed the blockage so that you can deal with it in order to complete the desired change. So it is the magick itself that often brings to mind what these blocks are! And when they are brought up like that, they are *exposed*, brought to light. You now see clearly that there is an issue and what that issue is. You can then target it and destroy it!

In some cases, you may become aware of a block later on, as you ponder why something didn't work or why it worked in such an unexpected way. Such an awareness could also come upon you at any random time, when you're not even thinking about it. Make note of it. Analyze it in your mind. See if you can understand what the problem is. Figure out what that unseen energy structure is made of. Is it something within yourself, like an underlying belief, limitation, or restriction? Is it something within someone else that is involved in the magick you worked? Or is there some other situation going on that you weren't previously aware of that is creating pressure in another direction? You may need to identify and clarify what the block is and then set it aside. Make a mental note to deal with it when you have the time to. Then, the next time you get some time to yourself, bring up that negative energy and give it a good whipping! I have had to do this many times. Sometimes just removing an energy blockage can cause previous magick that was done to suddenly spring into action. You destroyed a force that was working against it, and so now it is free to flow!

A side note about blockages in others: If your magick reveals that there is a blockage in someone else—in their mindset, in a related situation, or maybe in a personal issue they have—then you have a few options. You can bring up the issue with that person. Address it head-on. Keep in mind that not everyone wants to hear about their issues or be told they need to change anything! If you were working magick for that person (such as healing) or for something they are closely involved in, they may be interested in letting go of

whatever the block is in order to create the desired change. If that approach doesn't work or it simply doesn't feel like the right path, you can always attempt to remove the block on your own. You could create a hologram of that person, for example, and work on relieving them of whatever they're holding onto. It might just inspire them to take a look at themselves and let that thing go. Or it might not. Some issues in others require a firm choice on their part to make a change. Another option here is to just let go of the magick you worked and trust that it will take effect if and when the individual resolves their own blockage to it.

You may come across situations when you work magick for something *you* desired for yourself or a loved one, and yet you see that another person's issues are in the way of it. Someone else is creating a block for *your* magick, whether deliberately or not. In such cases, you have more power of those issues. Identify the block, tap into it, and destroy it! Since the magick wasn't being done for that person, they shouldn't be in the way anyhow! Trust that the Universe will find a path to create what you desire according to the magick you worked. And then just let it go!

All the other Mind Magic methodologies are for changing, moving, fixing, connecting, and resonating with various realities. And these do include sub-methods that involve destroying, removing, or eliminating negative energies in some way. However, the method of *energetic destruction* is specifically for completely annihilating any undesirable energy structures. It provides you with a few visual ways to powerfully destroy such unwanted energies. This can be quite useful when you're working magick and you detect a strong negative force at work in the reality you are touching and modifying. It reveals itself as an ugly beast working against your purposes. So *destroy* it!

Remember, this destruction energy is only for negative, harmful, and unwanted *energetic structures*. I have a tremendous respect for life, particularly human life. Never use this methodology on individuals directly. It should only be used on those *negative* aspects of a reality that reveal themselves as being in the way of the enhancement and improvement of "life" that you are working on with your magick! Okay, you can use it on mosquitos if you like! Eliminating them would only enhance the quality of life for everything else. I can't argue with that!

The destruction methodology increases the overall versatility of Mind Magic,

and I expect that you will find it a welcome tool for your magickal sessions. There are a few different sub-methods that are useful for destroying unwanted energies. As with "flowing energy," this methodology does not have separate opening, working, and closing sub-methods—just different options for how to destroy energy structures. We will discuss each of these concepts in the remaining sections of this chapter.

Destroying Energy In A Furnace

This first sub-method is quite simple. It involves the use of mental "fire" to destroy an energy structure.

The Incinerator

How To Do This: Imagine in your mind a glowing hot furnace of destruction. It is an incinerator that immediately consumes whatever you place inside it. See where this appears (spatially) in your mind. In my case, I imagine the incinerator positioned slightly above my head and off to my left. Having it on my left helps me to visualize things moving into my past as they get destroyed. Create this idea of a glowing hot furnace in your mind in such a way that you can "bring it up" or "put it away" whenever you choose to. It's not something you need to pause and create each time. It's just there when you need it. You can alter where it appears to you as well. This incinerator can be a container, such as a large canister, or simply any area where a destroying fire exists with whatever kind of "border" you can imagine. And you can make the fire any color or colors that you choose—red, yellow, and orange like standard fire, or maybe blue and white like burning gas or a very hot fire.

When you are working magick and you come across a negative energy that you choose to destroy, cup it in one or both hands and guide it into the incinerator, breathing out audibly as you send it there. If it gives you any resistance against moving toward the furnace, just slow your hands down, apply a little pressure, and gently insist that it goes. If you need to, breathe out stronger and louder and give it a little push with your hands. It's like you are blowing it away. You have power over it! *Know* this! Know that you have the power to send that energy into the incinerator whether it likes it or not! (See Figure 9.1) When it fully enters the furnace, breathe out audibly again as

you see it quickly go up in flames. The energy is destroyed in a second or two, like a thin sheet of paper being consumed in a great flame! You can watch it until it looks like ashes (or nothing at all). Or you can just move on to something else, trusting that it will be completely consumed by the incinerator.

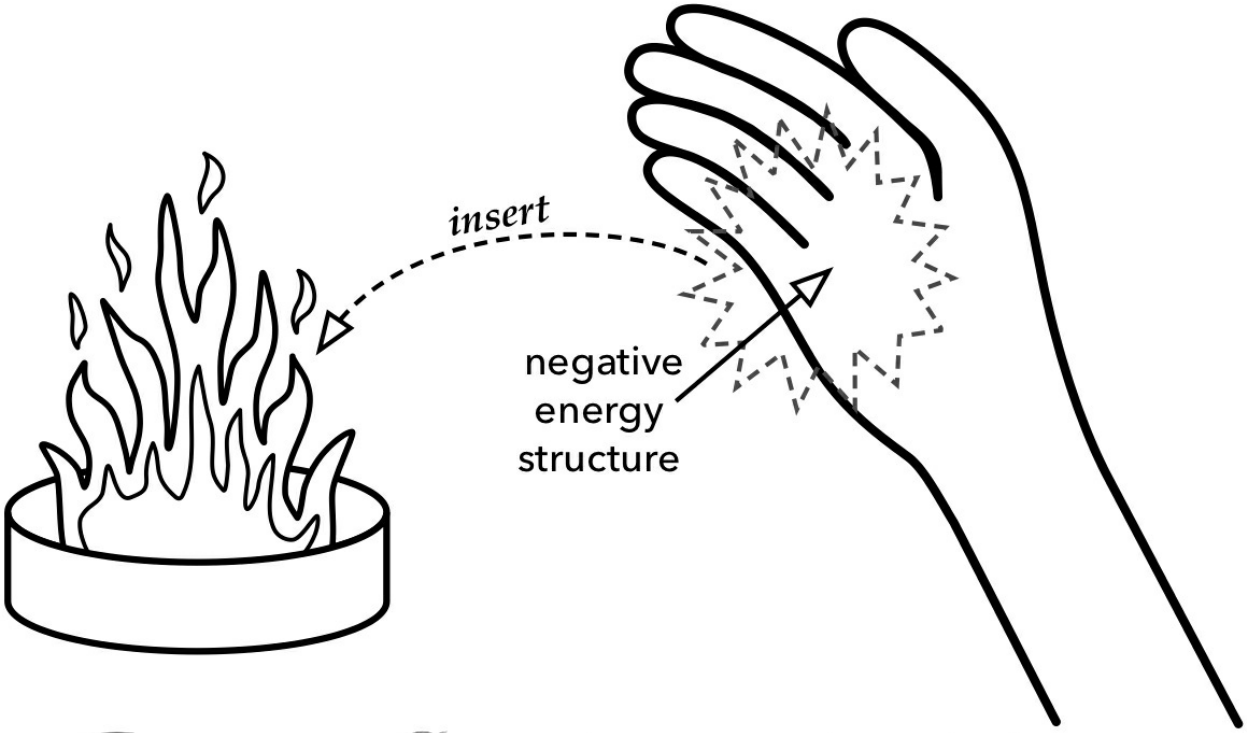


Figure 9.1 — Destroying energy in an incinerator

Your incinerator is a tool of total annihilation. *See* that. *Feel* it. Any energy placed therein cannot escape it. Any effort it has to survive is futile. Once an energy is consumed, *feel* that it is gone. You don't need to stay conscious of it anymore! For your purposes, it no longer exists! This methodology allows you to permanently remove the focus from negative energies. These unwanted aspects of a reality were previously seen as negative but are no longer seen as anything!

If you have multiple negatives energies you are dealing with, you can send each of them, one by one, into this furnace. You could also gather a few of them at a time, if you so desire. Just clearly identify them before sending them in. I find that incinerating one negative energy at a time is generally more effective, since I have clearly identified that one aspect of reality. However, I admit that I sometimes send multiple related energies at once in

cases where I don't want to take as long with it. Use your judgment. When you see a negative energy get consumed by the incinerator, you will likely feel the emotional release of that energy. This is often a good feeling, like a weight has just been lifted from your shoulders. Or it could be a dizzying feeling that makes you feel off-balance. Pay attention to what just happened. *Feel* that the negative energy just released it's hold on the reality you are working with. If you can do this with multiple energies at once, good for you. Afterward, focus for a moment on how that reality looks now that those energies are gone.

Optional Power Words: "Poof!", "Gone!", or imagine your audible breathing out as the sound of a thin sheet of paper going up in instant flames!

Example using "The Incinerator": Let's say you are working on a friend or relative. It could be for healing purposes or for something else. You might be using a hologram to work on them, or maybe you are using flowing energy. As you work on this person, you become aware of existing blocks to the reality that you are working to create. Perhaps you are working to correct a health condition and you suddenly realize subconscious "benefits" that the person has from this condition—things they may be holding onto which are keeping it in place. Or maybe you see that the condition is related to emotional issues that the person has with one of their parents. This is your magick already working to show you what problems or issues you need to remove in order to bring about the desired change. It could be pointing out to you the root cause of the problem you are working on. Or it could simply be directing you down the easiest path to creating what you desire. Trust what you are *seeing*! Trust that *awareness* of the issues that are present.

Clearly identify what one of those blocks is. You can speak this out loud or not, depending on your situation and how open your subject is to hearing it. Cup the issue you have identified in your hands, breathe out, and send that issue into the incinerator. Exhale audibly as you see it get consumed by that mental fire! Then look back at your subject (or the hologram), identify the next issue, and do the same thing again. Do this with each of the blocks you find in the way, seeing each one get completely consumed in your incinerator until they are totally gone! When you are done, look back at your subject again and notice that the blocks have been removed. What you are really noticing here is that there is a clear, open path to the complete fulfillment of the magick you are working. *See* and *feel* that deeply. Continue to work

whatever other magick you see fit on your subject. When you are done, totally *let it go*, trusting that the issues that were there are out of the way, at least enough to allow the magick to take its full effect.

The Supernova Method

The supernova sub-method is much like the incinerator but with an astronomical twist. A supernova, as you probably know, occurs when a large star collapses in on itself and then explodes outward violently. It is the largest explosion we know of in the Universe. From Earth, a supernova looks like a bright pinpoint of light. From up close (if you were able to get up close), it would look like an insanely fast explosion outward from a central point. Imagine rays of light, heat, and nuclear fire shooting out in all directions from the center. This is how I imagine it.

The Supernova

How To Do This: To use "The Supernova" sub-method, there is nothing to create in advance. When you are working magick and you find an unwanted energy that you'd like to violently destroy, grab that energy with one of your hands. Suddenly and without hesitation, fling your hand upward and release that energy. *See* it fly out of your magickal working space, out through the roof, and out into distance space. It's travel time is instantaneous, faster than the speed of light! When it reaches a sufficient distance in space, incredibly far from where you are, you will ignite it as a supernova. It should only take a few seconds at most for you to *see* and *feel* that it has been cast into outer space, even far past the planets of our own solar system. Then see it explode violently as its own supernova. *Boom!* (See Figure 9.2) The most powerful explosion of the Universe dissolves that energy into billions of tiny particles! They can never again assemble into what they were before. That energy has been hopelessly destroyed. It's just a cloud of gas now, floating out in space. Breathe out audibly and imagine you are blowing it away. Even those particles can't survive anymore. They are whisked away, dispersing into nothing in the vastness of empty space. They are gone!

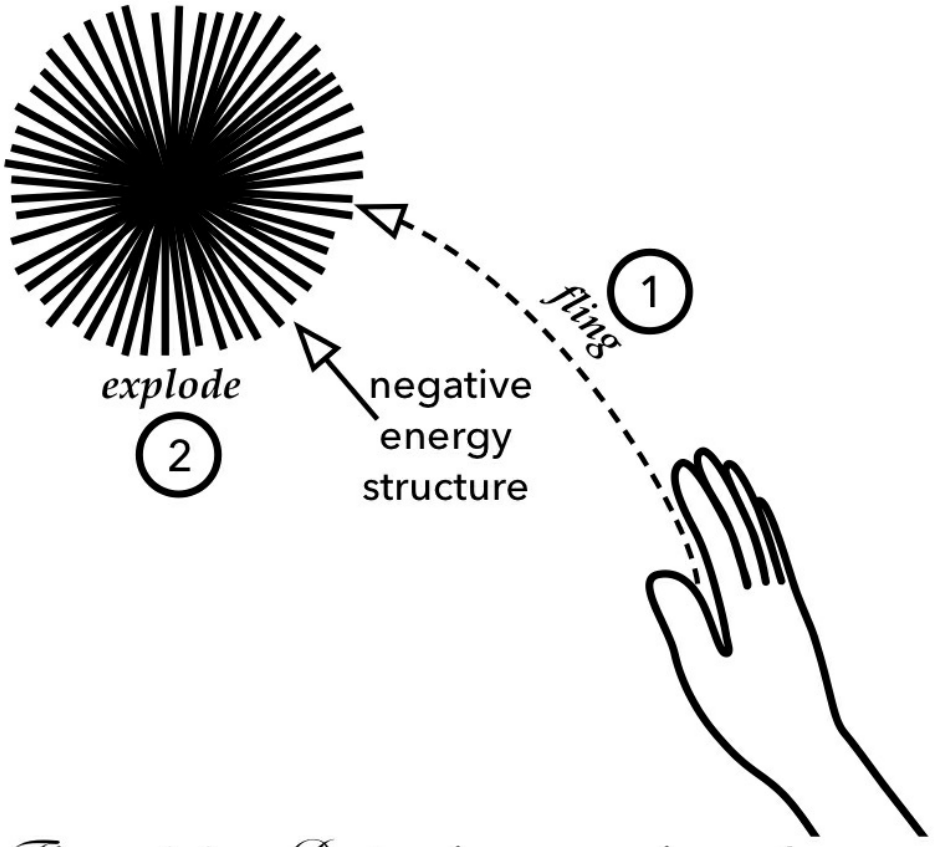


Figure 9.2 — Destroying energy in a supernova

Now look back at the magick you were doing in your working space. *See* and *feel* how that old energy is totally gone now. It has disappeared forever! Allow any consciousness of it to fade away peacefully and easily! Feel the release of any hold that the old energy had on the reality you are working with. You are now free to mold that reality as you choose to! If you come across another negative energy structure that you want to be rid of, let it meet the same fate. Grab it, cast it out into space, and destroy it in a violent explosion from which it can never recover. This is a powerful visualization of destruction, so be careful what energies you do this with. Make sure they are truly undesirable negatives that you clearly want to annihilate.

Optional Power Word: "Boom!"

Example using "The Supernova": Imagine you are doing magick to get yourself a better job. You create a timeline for this magick. You see your new job in the future and connect with it. Suddenly a thought comes to mind about your current job. It presents you with a solid reason why you should stay there. This indicates that your subconscious mind "thinks" you really should

stay there. It has a good reason! This is clearly a block to you getting a better job. Let's say you think about it, and you determine that you don't want that reason anymore. You are sure about this. So you take that block—that reason for staying with your current job—and you cast it out into space. You say "goodbye" in your mind as you see that energetic block get violently destroyed in supernova fashion. You breathe out and blow away its dust. After this is done, you reconnect to that new and better job on your timeline again. *Feel* how it's different. *Notice* that the block is gone! It could be that another block comes up. You can do the same with that one, destroying it with equal fervor!

When you are done clearing yourself of the blocks to the change you desire, finish up the magick you were working to create what you wanted in the first place. The completion of magick feels a lot better, cleaner, and more certain when blockages have been removed from it. *See* and *feel* the fulfillment of what you desired without anything in the way. And *let go* of it at the end.

Again I'm going to remind you to be sure that you really want to get rid of negative energies that you detect while working magick before you just destroy them. Be ready to face the reality that results from those energetic blocks no longer being present! This is not magick to just mess around with if you don't expect it to really work! It works very well. If you did happen to work magick for a new job like the example given here, don't be surprised if you are laid off the next day! That might be the fastest and easiest path to getting you what you really desire. In such a case as that, give thanks that the magick is working and trust that it will bring about its completion. If you don't want a particular side-effect (such as that one), you can directly and deliberately work that into your magick. In the case of this example, you could connect with a reality that includes you getting your better job while at the same time allowing you to give notice at your existing job when you are ready. I often include additional conditions when I'm working magick and I see possibilities that I *don't* want to engage. This helps avoid unwanted side-effects.

Using Traditional Magick For Destruction

In traditional magick, basic shapes were used as containers of sorts. These

shapes could be used to protect things, destroy things, or even as portals to "somewhere else." The chosen shape was first drawn with fingers, with chalk, or by some other means. With Mind Magic, we will use this concept from traditional magick to draw shaped containers with a hand and then use those containers to destroy unwanted energy structures.

Traditional Magick

How To Do This: While working magick for a specific purpose using any methodology, you may detect the presence of energy structures that you'd like to permanently get rid of. When you find such structures, pause the magick you are doing. Using a free hand, draw the shape of an energy container. If you're sure that you'll come across structures you want to destroy, you can, of course, start the magick by creating the container to begin with. Either way, first choose the shape of the chamber you will create. A triangle is a good one for destruction purposes. A square is another that you may find useful. You could use a circle, but circles are typically used to protect things. You don't want to protect the negative energies you will send into the container, unless you wish to "trick" them (in your mind) to get them to easily go into the chamber—and then destroy them later. If you're not going to use a "surprise" strategy like this, then I don't recommend using a circle. You could use more complex shapes like a pentagon or hexagon. Most often I draw a triangle, but sometimes I use a square.

You may also choose to place the container either within your magickal working space or clearly outside of it. If your working space is large, it may be more convenient to place the chamber nearby within it. But if you want to clearly denote in your mind that you are removing negative energies from your working space when you find them, you might want to position the chamber just past the border of your working space. Remember where you placed this destruction container! You will need to clean it up when you're done. You could optionally draw the container on carpet or a rug (or dirt if you are outside) to leave a visible mark so that your physical eyes, as well as your mind's eye, can see the outline of it. This may help you to use it and keep track of it. It's up to you how you do this.

There are different strategies for creating a destruction chamber with traditional magick. I'm going to tell you how I have incorporated this into Mind Magic. To create a container of your chosen shape, point a finger or

two of one hand and draw the shape in a clockwise motion, pausing at each of the corners to ensure that it is well-defined in your mind. Choose a color for the shape—white, red, orange, or blue, for example. You can draw this shape on the floor, on a wall, or in the air right in front of you. I suggest that you position it at least a little off to your left. This way, as you are moving energy structures into it, you are subconsciously moving them into the past. As you move your hand clockwise, see that the edges of this container are being formed right at the tip of your finger or fingers. See them in the color you have chosen. When you complete the shape and join it back to where it started, watch it suddenly spring into action! It solidifies into the energetic form of a destruction container.

Just what is this strange chamber of destruction, and what is inside it? This bizarre little container that you created is like a portal. It connects to some "other place." When the shape is formed, see it there as a flat, 2-dimensional surface that opens into some ethereal realm. In your case, it is opening into a place of danger and destruction. Inside the portal, it might look like blackness or nothingness—or it might be filled with color. Things can go into this portal, but nothing can come out. There are a few options of what you can see in your portal. You can imagine that it opens into another dimension. Anything you insert into it will disappear out of this reality and perhaps into another one somewhere, such as a parallel universe. Or maybe it opens into some distant place within our own Universe. You could imagine that it's a portal to hell or some other fiery place. In that case, the portal might look like it's filled with blazes of red and orange, glowing angrily. Or you can see that this chamber is just a holding place, existing "somewhere," for you to temporarily suspend energetic structures so that you can decide what to do with them later.

To use this chamber is simple. As you are working magick on someone or something, if you detect an unwanted energy structure, identify it clearly. Remember, these energies can be any structure that you see to be interfering with the purpose of the changes to reality that you are making. It could be someone's emotional issue (including yours). It could be a "problem" you see in the reality. It could be an obvious real or physical block (such as physical pain, illness, or some other unwanted energy). Whatever it is, grab hold of it with a hand. Bring it to the edge of your destruction container and push that energy inside it. Don't insert your hand into the chamber. Just fling, toss,

throw, drop, or press that unwanted energy structure past the edge of the container. (See Figure 9.3) If the chamber is positioned outside of your working space, you'll need to drag the energy outside of that space. It's okay to let your hand exit the boundary of your working space in order to dispose of the negative energy it is holding. Just push it out, insert the energy into the container, and then draw your hand back in gently. Remember, things can go into that portal, but nothing can come back out! It is utterly inescapable!

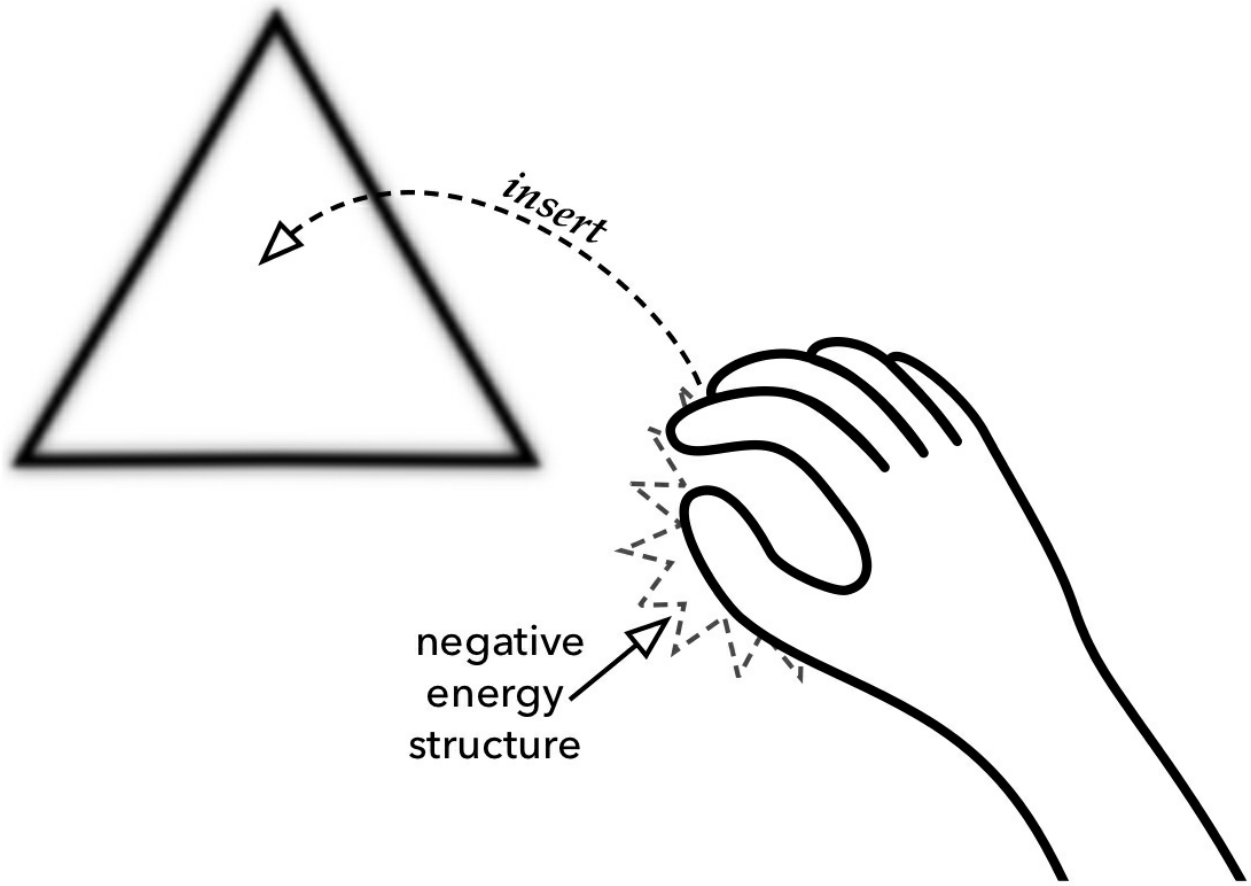


Figure 9.3 — Using traditional magick to annihilate energy structures

If you see your portal as opening into another dimension, visualize the negative energy you put into it vanishing clean out of this reality into another one *somewhere*—it matters not where. If your portal opens into the fires of hell, watch that energy get burned up in that fire. You may even see (in your mind's eye) the flames coming out of the portal and licking around the edges of the shape that you drew. But if your portal is simply a holding place, you will need to take additional action. Decide how you would like to destroy the

energy you inserted into it. You might pour gasoline into it and then light a match and drop it in. You might hit it with a stroke of lightning. You might drop a bomb or grenade inside it. I'm speaking energetically here—don't actually light your floor on fire or blow up your room! However you choose to annihilate that energy, use your hands to enact it, imagining the energy being consumed viciously as you do so. If you feel so inclined, say the optional power word as you see that negative energy structure disappear.

With a destruction container like this, you always have the option to insert multiple energies into it before dealing with them. After inserting a negative energy that you found into your chamber, continue to work on whatever changes you were making with other methodologies. As you come across other blocks, negative energies, or unwanted structures, take them and insert them into the same chamber. If they give you any resistance, just gently insist, apply some pressure, and push them in. Let them gather there. They cannot escape. If they distract your attention like they are trying to escape, you may need to deal with them sooner. If not, it's fine to let them accumulate until you have them all. When you feel that you have placed all of the unwanted energy structures into the chamber, you can destroy them all at once. If your chamber is a portal to another realm, see them all vanish out of your reality at once. If it's just a holding receptacle, you can explode them all at one time. Use your imagination!

When you are finished with the chamber, you will need to *unmake* it. There are also options for doing this. You can erase the shape you drew with your hand. To do this, move your hand in a counter-clockwise direction along the border of the chamber that you drew, rubbing your fingers as if you were erasing the container's edge. Erase the entire border and see that the whole chamber is completely gone. If you are blowing up negative energies, you can imagine that the explosion destroys the enclosing container along with those energies. Or, you can collapse the chamber into non-existence. To do this, hold your hand over the surface, above the shape that you drew. Then bring your fingers together in a squeezing motion. Shrink the shape (and therefore the whole container) smaller and smaller until you snuff it out of existence. You can even do this with negative energies still within it! That would be another way to destroy the whole chamber along with the energy structures it contains. The important thing here is that you both destroy the unwanted energies and clean up the container when you're done.

Accomplishing both at once is just fine.

Optional Power Word: "Gone!"

Remember that your *feelings* are key in all of this work. Always *see* and *feel* the difference it makes to reality when you change things. When you have deleted the negatives, look back at the magick you were working. *Feel* how different things are without those blocks to interfere with your magickal purposes! *Know* that they are gone. And then totally *let go* of any thought of them. It's so much easier to alter that reality now! Move on and finish up the magick you were doing.

Example using "Traditional Magick": Imagine you are working on resolving an injury you had a long time ago but which still affects you today. Let's say you have created a timeline for yourself, and you've found that point in the past where the injury occurred. You attempt to branch off onto a separate timeline where the injury never happened. Now let's say that as you peruse the new timeline with your hand, you realize that there are some blocks to fully connecting with that altered timeline. Maybe there were some benefits you received by having this injury—attention or love from someone, time off work, or pity. These are attachments to having the injury remain in your timeline. Or maybe there were some things you are still angry about that resulted—you missed out on participating in some activity, it cost you money, or any other negative feeling. These are attachments to *not* having the injury in your past. Both types of energy structures are attachments, whether for or against the event. I would call these emotional "hooks." To be able to solidly connect to your new timeline in which the injury never occurred, you may need to clear these hooks.

Choose a place to create a chamber of destruction and a shape and color for creating it. Let's say you decide on a red triangle. That's a good one for destroying energies you may be angry about. Using your left hand, draw the red triangle in the air just to your left. One by one, grab each of the unwanted energies you see and drag them to the destruction container. You may need to pull these energies off of that point on your past timeline where you see them. Or they may be located somewhere within your body. Either way, just pull them out of wherever you *see* them. Allow yourself to let go of each of these feelings as you send them into the chamber. In goes the attention you got from the injury. You don't need that any more! Breathing out audibly may

help you release these energies into the chamber, especially if they are your own feelings. Time off work—that goes in, too. Pity—ha! Who needs that? In it goes! Send in the anger about what it cost you, related money concerns, and so on. Whatever negative feelings you have about it, send them all into that chamber of destruction.

Now you're going to blow this sucker up! Drop in a bomb or gasoline and light it! *Boom!* See those energies get violently destroyed in the container you created just for that purpose. Now they are gone! Since these energies relate to your own feelings, don't be surprised if you nearly fall over from the shift that happens within you. When your subconscious mind makes significant shifts in beliefs, feelings, or memories of the past, it can literally knock you down!

If you did not destroy the container along with the energy structures, go ahead and erase it now. With the fingers of your left hand flat, rub the edges of the shape as if you were erasing markings from a chalk board—in a counter-clockwise direction. Allow yourself to deeply *feel* the freedom from those old energies until you *know* that they are gone. Then continue with the timeline magick you were working. With all the negatives out of the way, you should be able to easily connect to that alternate timeline that you created. So go back and finish up the magick!

Releasing As A Method Of Dissolution

This last sub-method of energetic destruction is akin to deep releasing. It is similar to emotionally "letting go"—but instead of just releasing your attachments to something, you can release any kind of negative or unwanted energy. This concept is a gentler tactic for destruction, but it is at a deeper emotional level.

Blow It Away

How To Do This: For this sub-method, there is nothing you need to do in preparation. Simply insert this action into the magick you are working. When you clearly identify a negative energy that you'd like to remove, take hold of that energy, gently pull it out (of wherever you "see" it), and hold it in the palm of your hand. With your hand palm-up in front of you and that unwanted energy just sitting in it, you are going to simply blow it away. But

first, focus on that negative energy briefly. Acknowledge it for what it is. Realize that you do not *need* it any more. If that energy structure is related to someone else or perhaps to a situation you are working on, realize that the other person or situation doesn't *need* this energy any more. It can be done with it. It is no longer necessary. With that thought, blow out of your mouth across the palm of your hand. Stretch your fingers out a little as you do this. Watch the energy fly out of your hand and dissipate into thin air. (See Figure 9.4) It leaves your hand and fizzles out into nothingness. You might see this like tiny leaves fluttering away or dandelion fuzz getting caught in the wind as you blow it out of your hand. Or you could imagine it like sand or water, flowing out through your fingers and disappearing as it falls.

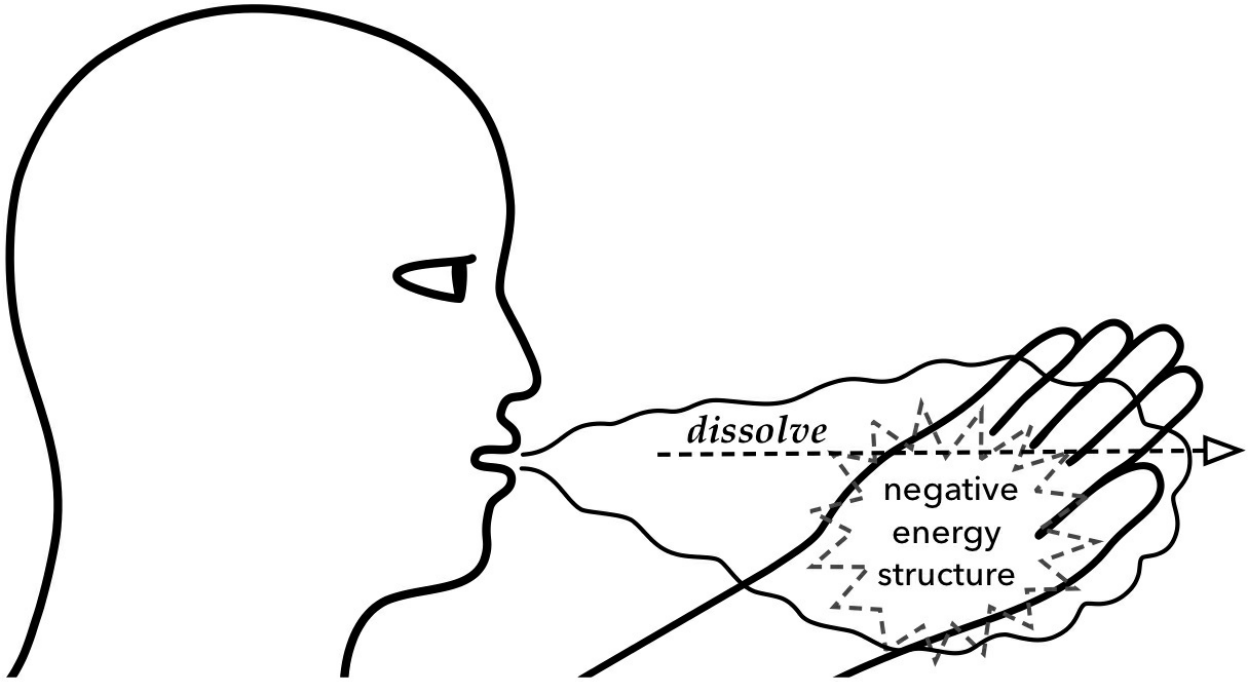


Figure 9.4 — Blowing away negative energy structures as you release them

This is a combined action. On the conscious side, you are blowing air across your hand, feeling the sensation of it. On the subconscious side, you are feeling the release and disintegration of whatever issue, block, or negative structure was there. Breathing out audibly, even loudly, often naturally accompanies emotional release, so this is a good combination. Let that feeling of deeply *letting go* sink into you. Do you see clearly what this energetic block or issue is? Yes? Is it really needed any more? No! Can you

just release it easily and completely? Yes, you can! Go ahead and completely *release* that energy structure until you can *see* that it's totally gone! You have removed and deleted it from the situation or person you were working on (which may be yourself). Any tension about this issue has dissolved as well.

As a follow-up to this, allow yourself to *feel* the deep peace that results from that energy structure no longer being present. Return to the magick you were working. See how that energy isn't in the way any more? Now you might see something else that's in the way. No problem! Just take it and release it as you did with the other. Continue to do this with any negatives you see as you finish up your magick. You will most likely *feel* the strength of the magick increase as you *release* the blocks that were in the way of the reality you are choosing to create.

Optional Power Words: "Go!", "Gone!", or just the relaxing sound of blowing out.

Example using "Blow It Away": Let's say you are working magick on your primary relationship. You are choosing to shift it to a certain state of being (whatever that might be). Let's say you are using flowing energy to connect your current relationship to a place where it is significantly better, more like the way you desire it to be. As you attempt to connect to that better relationship and pull it into your reality, some negative things pop into your mind—blocks, issues, problems in the relationship. These are, of course, probably the things you are trying to get rid of by connecting to a better relationship. But since they have come up, let's remove them directly.

There may be a whole host of issues. Just identify one of them distinctly. Perhaps it is something you have fought about with your partner repeatedly, and you're tired of the fighting. When you have clearly discerned the problem you want to remove, grab hold of the energy structure of "that fight." You will likely see it somewhere in your working space, either at the location of the improved relationship, at the location of its existing state, or somewhere in between—maybe even somewhere within your own body or mind. See it, grab it, and hold it in your open hand in front of you. Can you see how you don't *need* that energy any more? It's not in sync with the improved relationship state that you are choosing to connect with. So can you let that thing go? See that you can do this and make a decision to let it go. Asking yourself questions like this can help you to release unwanted

energies, especially when they are things you are *personally* feeling. Blow out across the palm of your hand, open your fingers, and watch that energy fly away, disappearing until it's completely gone! Now, doesn't that feel better? Look back at the desired state of your relationship. Identify the next block, and process it in the same way. Acknowledge it, pull it out, see that it isn't needed, decide that you can release it, and then blow it away! Do this with all the blockages, emotional issues, or other negatives that you see.

When you are finished releasing all of that crap, reconnect your current relationship back to the desired state of the relationship that you tuned into at first. Make the connection between them again. It will feel much easier to connect them after removing the blocks. Of course, if you see any more blocks, you can continue to remove them. Sometimes, when you are dealing with major issues, like a bunch of negative emotional feelings and deep blocks, it can take time to release them all. You may need to split it up into separate sessions, as this kind of work can be emotionally exhausting. I know! I've done a lot of it!

Put It Into Practice

The methodology of energetic destruction is all about removing, deleting, or annihilating unwanted energy structures. Typically, you wouldn't be working magick that only uses destruction energy. If you were using magick *solely* to rid yourself of certain emotional issues, then it may be appropriate to create a working space and spend your time just destroying things. (That sounds a bit funny, doesn't it?) But for this practice, we will be using a timeline to accomplish the main purpose of the magick, with the focus on the *energetic destruction* that is happening on the sidelines.

Choose a place where you can go alone to create a working space and spend a little time on this magick. For this exercise, you're going to do magick to increase your power in magick. Yes, that's totally valid! I am going to make the assumption that you're fine with this, or you probably wouldn't be reading this book. Once you are in your magickal working space, create a timeline for yourself. Bring your hands to your chest, palms together, pull out the timeline, and spread it out before you.

Bring to mind your intention to learn powerful magick and to learn it well!

Place your right hand on the timeline and begin sliding it to the right. Remember, this is *your* timeline. So as you slide to the right, allow your inner vision to see the state of your own being as you move into the future. See how you are learning and growing in magick. Isn't that awesome? Find that place on the timeline where your future self appears (in your inner vision) to be in sync with your intention. When you find that spot, lock onto it. Got it? See how well you have learned to use the Mind Magic methods at that point in time? See how powerful you have become in your ability to work magick? Hold that place firmly.

Now take your left hand, place it on your timeline, and lock it onto the Present Moment—right in front of you. Begin to feel the connection between that future version of you that you have found with your right hand and the current version of you at your left hand (in the present). As you attempt to feel this connection, let's say that some obvious blocks pop into your mind. You're next going to deal with those blocks one by one. I encourage you to use this practice to make some real positive changes within yourself. To that end, I'm going to identify some specific blocks for this exercise. If those aren't the ones you find in yourself, just change them to what you are seeing. I want you to practice each of the different ways to destroy energetic structures. So leave your timeline there, remove your hands from it, and look for a moment at the blocks that came up.

The Incinerator

The blocks that appear might come as feelings or sensations. They might be striking realizations of energetic structures you didn't know were there. Or they might be mental images of yourself acting a certain way or saying a certain thing. However they come, identify one of those blocks clearly. Let's say its *doubt*. It might be a feeling of "this can't be" or a voice in your mind that says, "I doubt I can be that powerful in magick." Do you need this negative concept? It's only going to get in the way of your success moving forward. So why not get rid of it *now?* Do you want to? Good. Now bring up your mental incinerator—that glowing hot furnace of destruction—just off to your left. Maybe in your mind it's in a canister, a bowl, or an open fire pit. It doesn't matter. Just see that it's fiery and all-consuming. See the colors of the flickering flames and the smoke that rises up from it.

With that doubt energy clearly discerned, locate "where" it is. It might look

like it's somewhere on that timeline in front of you, or it might be up in your head. Reach out with a hand and grab hold of it firmly. It is in your grasp. It cannot escape now. Pull it out of the spot it was hiding in, cup it into your hand, and toss it into your incinerator. Press with the palm of your hand if necessary to ensure that the energetic structure of that doubt has truly gone into the furnace. *See* it burn up in a flash of hot white or yellow flame, like a thin sheet of paper! In a moment, it is ash, dissolving into nothing. Breathe out audibly and *feel* the release of that negative energy. It is gone!

The Supernova

Now look back at your timeline. Yes, it's still hovering there! Do you see another issue to deal with—another block to you learning powerful magick? If not, then go ahead and place your hands back on the timeline again and find the same positions—the present with your left hand and that intended future version of yourself with your right. Begin to feel the connection again between those two points on your timeline. Now that the doubt energy has been removed, let's say that you see or feel the energy of *fear*. This fear might be fear of failure. It might be fear that it will take too long to learn magick or that for some reason you won't be able to spend the time you need to learn it. It might even be old fear you have about magick itself. Perhaps you were taught as a child that magick was evil. I certainly was taught that! You can remove that fear just as I have done.

Identify exactly what that fear is and where it is coming from. Locate it in the space around you. Again, this might be on your timeline or somewhere in the mental space over your head—or you might feel it somewhere within your body. Grab that fear energy firmly and solidly with one of your hands. Without further hesitation, cast that energy away with a sudden fling of your hand. Watch that fear energy fly immediately out of your working space, out of the building you are in, out into space. It zooms faster than the speed of light to a remote place in the galaxy. And then, *Boom!* Watch the energetic structure of that fear get instantly destroyed in a supernova—blasting it into tiny particles of indistinguishable size. *See* that it has been destroyed! Breathe out and imagine that you are blowing those particles away. *Feel* that they are gone. That energy is gone forever!

Traditional Magick

Come back to your timeline again. Do you see the next blockage that you

need to remove in order to become the powerful person you see in your future? If you don't see it, that's fine. Just reconnect both hands to the timeline again, and allow yourself to see any blocks to that connection. The next blockage we will deal with is *guilt*. Remember, if you don't see this issue in yourself, just do this practice for whatever issue you do see. Guilt is a terrible energy, and it can definitely rob you of power. Guilt is closely related to a feeling of unworthiness and is generally linked to something in your past. Sure, you could connect to the past on your timeline and process the guilt another way, but in this case we're going to use energetic destruction in the fashion of traditional magick.

Take a look at that guilt. Don't be afraid of it. Acknowledge it for what it is. Do you really need that in your life? It is past. It is gone! You are who you are *right now*—and that's enough! You are a human being. That means you are the most magnificent, powerful, intelligent creature on planet earth! So of course you are *worthy!* You *deserve* to learn and know powerful magick, so that you can bless your life and your loved ones now and forever more! So are you ready to let go of that guilt? Can you see that you don't need it any more? Make a decision to let it go now. It's just an interference to your progress. The guilt itself is not worthwhile to you. So let's release it by destroying it!

Choose a shape and a color to create a container of destruction. You can follow your inspiration here, but I'll pretend you chose a dark purple square. To your left, either on the floor, in the air, or on a wall, draw the purple square using a couple fingers of your left hand. Move around it clockwise, stopping at each corner to delineate it plainly. When it is complete, see it come alive with deep purple pulsating or vibrating energy. Or maybe it just looks like an opening in the fabric of your reality—a connection to "somewhere else." Either way, it is an inescapable chamber, ready to store whatever energy you decide to trap inside of it.

Now, take a firm hold of that guilt energy that you have identified within yourself. Locate where it is and pull it out of that spot with one hand. Bring it close to the edge of your destruction chamber, and then push it inside. See that it cannot resist your intention to destroy it. The energetic structure of that guilt is now trapped inside this chamber, and it cannot escape! Did you get it all, or is there something else? Look back at your timeline again. Are there other smaller energies related to this guilt? Perhaps a bunch of tiny feelings

of guilt that are tied to the main one. Or maybe there is the energy of unworthiness or other feelings similar to that guilt. Identify and locate each one of these related feelings. Pull, drag, push, or toss them into the chamber. Keep doing this until all of the related energies have been trapped inside that energetic container.

The last thing to do with that guilt and all of those related feelings is to destroy them. Look at the energy chamber. See how all of those energies are gathered together within it, hopelessly trapped? Using your hands, imagine that you have gasoline, a bomb, or a flame thrower. Drop or shoot this into the opening of the destruction chamber. *Watch* how all of those guilt feelings get suddenly consumed in that explosion. They have been *annihilated*. They are gone!

Now reach out with your left hand again and *unmake* that container of destruction. This is like drawing it backwards, but wiping your fingers across its borders as if you are erasing it rather than drawing it.

Blow It Away

Switch your focus back to your timeline again, which is still hovering there in your working space. Connect to it again, if necessary, in order to see any other blockage that you need to remove within yourself. For this last part of the exercise, let's say that you identify a feeling of *powerlessness*. This is more specific than doubt or fear. It is a feeling that you don't actually have the power you see your future self having. So it's basically a negation energy —the absence of power. It probably stems from an underlying *belief* that you aren't truly powerful. This belief is insidious, and it's worth completely eradicating it. It's a total lie—and probably one you learned as a child. You truly are *powerful*—more powerful that you even imagine! So are you ready to get rid of that underlying feeling? Let's do this!

Find that feeling of powerlessness, wherever it is. It might be along your timeline—perhaps in the present. It might be floating around in your working space somewhere. It might be deep within your heart. Wherever you locate that feeling, that negation energy of powerlessness, touch it with a hand. Take hold of it gently. Pull it out of the place where it has been lodged for way too long. Expose it. Look at it for what it really is—a negative energy structure whose design is simply to limit you in your own control over your life. Do you need that any more? Of course you don't! Would you like to be done

with it? Absolutely! Bring it out in front of you and open your hand, palm up. There is that powerlessness, sitting in the palm of your hand. All you have to do now is *let it go!* Blow out of your mouth across your hand. Let your fingers stretch out a bit as you see that powerlessness drift away, melt away, or sift through your fingers. Keep blowing it away until you can *see* in your mind's eye that it is completely gone! Let all your emotions about it go. *Feel* the tension dissipate. Allow yourself to acknowledge and see that this worthless energy is no longer a part of your life. Good for you!

Now let's go back to the timeline and finish up this magick! Reconnect your left hand to the present on your timeline and your right hand to that future vision of yourself—that future you that is able to work powerful magick with confidence! If you need to relocate that point in the future, that's fine. Take the time you need with this. Now connect those two locations on your timeline together. *Feel* a sudden jolt of energy as that future you syncs up powerfully with the present you. Your hands may experience a quick jerk as you feel a flash of energy coming from your future self and going into your present self. You may even feel this systemically through your whole body. Allow yourself to sink into the powerful feelings of *being* that future self. You are *confident!* You are *fearless!* You are *worthy!* And you are *Powerful!* Feel it. *Feel* it deeply until you *know* it. And then just *let go*, trusting that it is done.

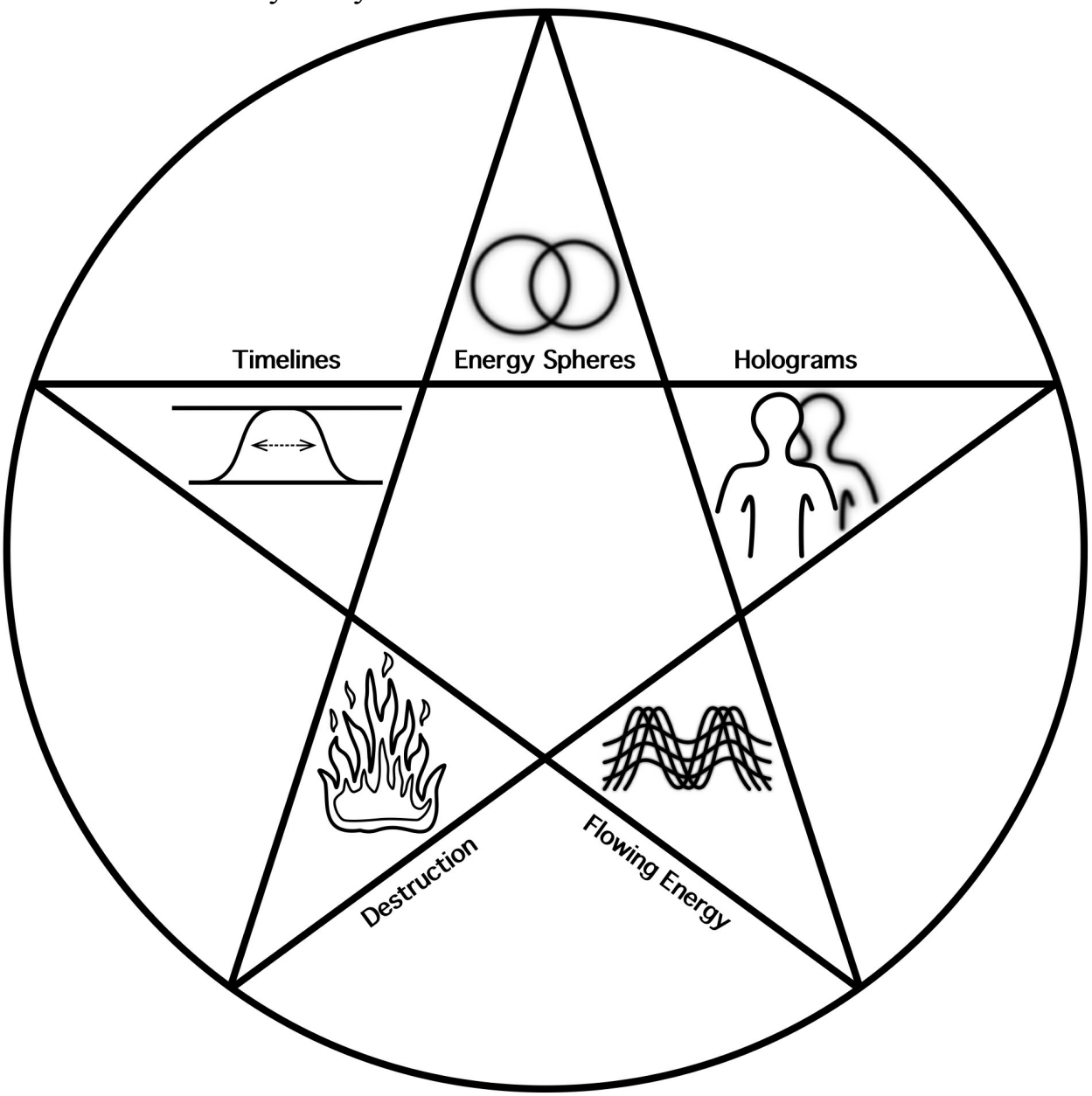
Remember, you are changing current energy in your reality. Even if you don't see significant differences right away, the changes have been made. And some of those changes may have been to the *rate* and *direction* of the flow of your current reality. So don't be surprised if odd things are magickally different in your life. You might find yourself saying phrases like, "No why all of a sudden…" or "But I don't remember…" or "Now how did that…" If you find yourself saying or even thinking such things after you have worked magick, especially powerful magick like this, let that be your clue. The answer is simple: It's because you *changed* things! Isn't that what you wanted? Take a closer look, and give thanks for the changes that you have received.

Congratulations! You have just completed learning all of the Mind Magic methodologies. In the next chapter, we are going to bring them all together in some really cool ways!

10. COMBINING METHODOLOGIES

If you change the way you look at things, the things you look at change.

—Wayne Dyer



How To Combine Methods

We've now discussed in great detail how to utilize each of the five powerful methodologies of Mind Magic. Before we get into using these in magickal sessions, I'm going to first explain how you can combine the various methodologies for enhanced power. Merging methods gives you greater flexibility and makes your magick more versatile. Using multiple methods together can also provide your mind with a clearer picture of what you are doing. That is, it helps you to *see* (with your mind's eye) what you are doing. And it's not difficult! Combining methodologies is rather intuitive, actually. It's just utilizing the methods you have learned in a way that makes sense to your brain.

Remember that working Mind Magic is really a matter of getting your subconscious mind to observe reality a certain way. It is this subconscious *observation* of what is real that modifies reality through the practical application of the quantum observer effect. So, blending methodologies together is just another way to get your subconscious mind to "see" what you desire it to see. Each of the Mind Magic methods is designed to employ both your conscious and subconscious minds. Using your hands is a key link that allows you to get both levels of your brain thinking, seeing, and feeling the same thing. At times, combining these methodologies will take you a level deeper, enhancing and magnifying that link between the conscious and subconscious.

In this chapter, we will discuss how to mix certain methods with certain other methods. Really, I'm just giving you examples here. You can use your imagination and your inner vision to combine them however you choose. You can even merge three methods together if you can keep track of that visually in your mind. It's up to you and the limits of your imagination!

Using Energy Spheres With Other Methods

Energy spheres are, in my opinion, the most versatile methodology of Mind Magic. They can be easily integrated with any other method. Once you are used to creating energy spheres with your mind and hands, it becomes fast and easy to implement them in a variety of ways while utilizing any other

methodology.

Energy Spheres with Holograms

If you are working with a hologram of yourself or another person, you can utilize energy spheres within or around that hologram. For example, if you are changing an energy structure inside of a hologram, you can first create an energetic sphere around that structure in order to isolate it—then you can make the necessary changes. Also, if you are adding an energy structure to or removing it from a hologram, surrounding it with its own sphere of energy may make it easier to work with. In your mind, this sort of encapsulates the energy, making it simpler to visualize what you are doing with it. (See Figure 10.1)

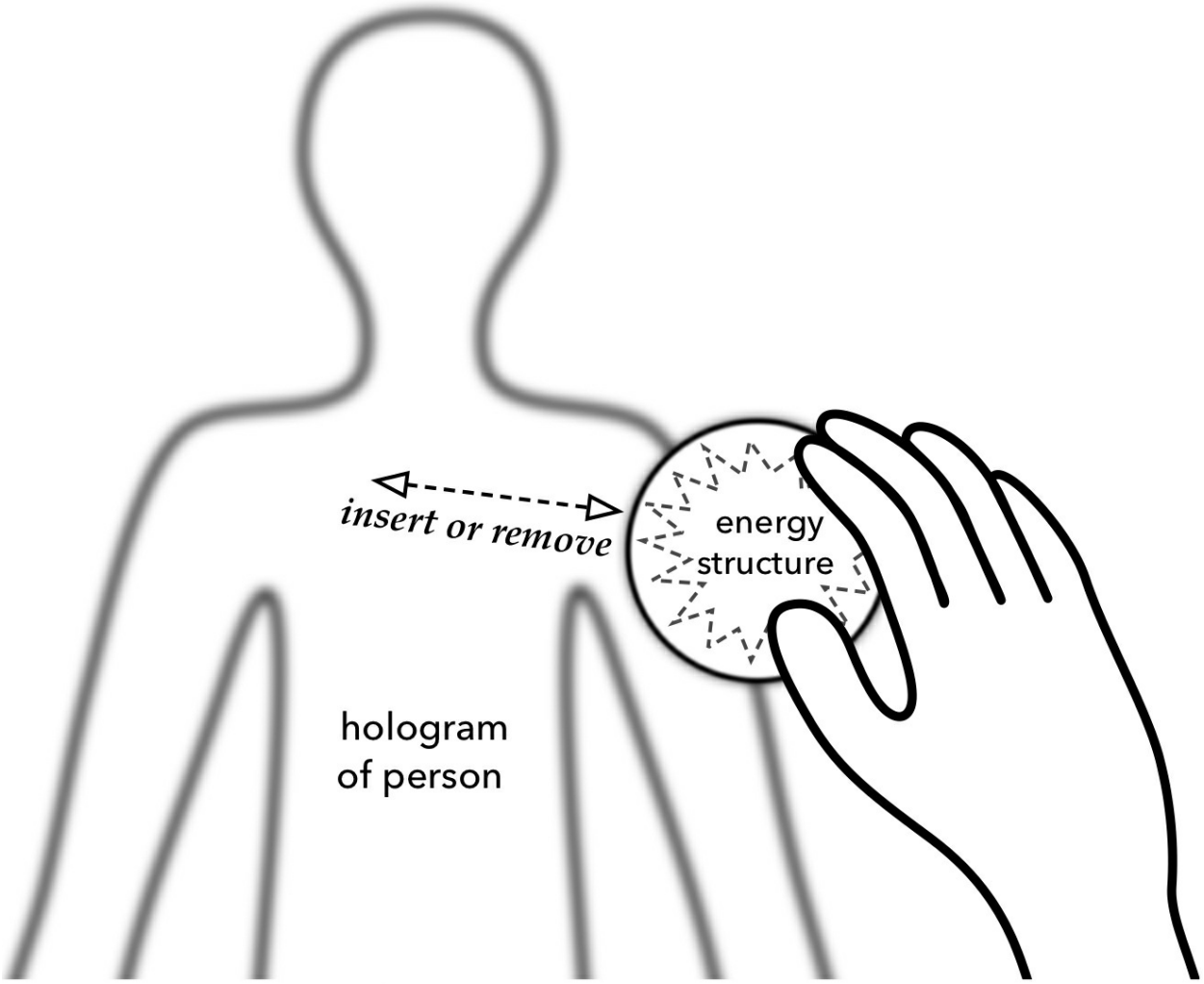


Figure 10.1 — Wrapping an energy structure in a sphere to work with a hologram

Another way to combine these methodologies is to create a smaller hologram of a person (or shrink down the one you've created) and then form an energy sphere completely around it. This isolates the entire hologram as if you are providing it with its own working space. To work with it, reach into the energy sphere and make the desired changes.

You could even create holograms of two different people (or objects) and use energy spheres to copy specific aspects of one person (or object) into the other. To do this, you would create the two holograms, and then focus on the one you want to copy *from*. Locate an energy structure you wish to copy to the other hologram. Wrap it in a tiny sphere of energy, make a copy of it, and pull out that copy with a hand. Insert it into the other hologram, pasting it in place. *See* that those particular aspects of the one hologram get copied into the other as you do this. Continue to do the same with any other qualities that you wish to copy across until you *feel* that the changes are complete.

Example using Energy Spheres with Holograms: Let's say you are doing remote healing work for a friend. You have created a hologram of that friend. You are looking at a particular area or system of their body. Create energy spheres as necessary to isolate any negative structures you see and remove them from their hologram. To bring in beneficial energy structures, wrap them in their own spheres of energy and then insert them into the hologram at a location that feels right. You might even use another sphere to surround and protect a certain part of their body—or leave a sphere in place which contains healing energy that will continue to work on the issue.

Remember, these are just options for you. If any of this seems confusing or difficult to visualize, know that you don't *have* to combine methodologies. It just gives you more flexibility to modify your magick as you see fit for the circumstances.

Energy Spheres with Timelines

Ah, timelines are so powerful! And you can enhance their versatility by adding energy spheres! Just create a sphere around a past event, a future point that holds your vision, or even the Present Moment. Such a sphere tends to separate the event from the timeline so that you can move it more easily. This works well with the "Time Change" or "Destiny Now" sub-methods of timelines. (See Figure 10.2) You can also isolate a past negative event within an energetic sphere in order to delete it with more gusto. In that case, you

could explode or collapse the sphere when the event gets deleted. This may enhance the vision of it in your mind, enabling you to *see* and *feel* the effects of the magick more clearly and definitely.

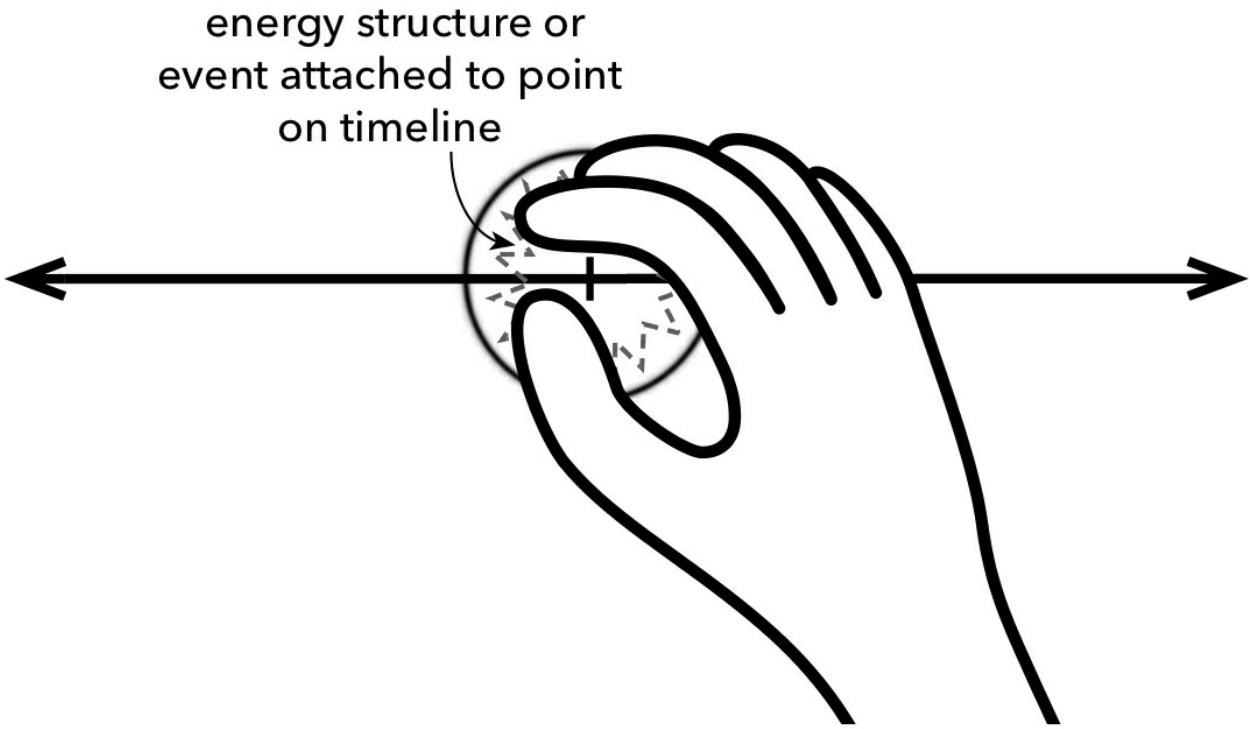


Figure 10.2 — Wrapping the energy of an event on a timeline within a sphere

Combining energy spheres with timelines even allows you to extend the timeline sub-methods a bit, if desired. For example, you could wrap an event (or other energetic structure on a timeline) within an energy sphere. You can then pull it off of the timeline and place it where you wish it to be—in the present, for instance. You could also pull energy structures off of an alternate timeline and insert them into the original timeline or even merge them directly into a person or object!

Another awesome way to combine these methods is to wrap a sphere of energy around the Present Moment on a timeline. Then, with your right hand, begin sliding that sphere into the future. *Watch* the person, object, or circumstance you are working on change as you move it along the timeline into the future. It's like you are looking into that sphere of energy to see what will happen in ultra-fast-forward! You can, of course, influence what you are seeing. After all, it is in your own mind that you are seeing it!

Example using Energy Spheres with Timelines: You've created a timeline for yourself, and you've identified a future event, state, or condition for yourself which is desirable. But you'd like to bring it closer, as it seems too far out in the future. Wrap the structure of that energy within a sphere on the future timeline. Then grab that sphere of energy with your right hand and slide it to the left, bringing it closer and closer to the present. Leave it where you are most comfortable with it and where you can *see* it actually occurring at that point along your future timeline. *Feel* it deeply until you *know* it is your destiny! And then *let it go!*

Energy Spheres with Flowing Energy

Yes, even flowing energy plays well with other methodologies, although it may be a little more difficult to visualize. One way to merge flowing energy with energy spheres is to first locate the vibrational energy you desire (in your working space), and then wrap it up in an energy sphere. Or, you can form the sphere first and then fill it up with a certain vibration. That sphere is both containing and protecting the vibrational structure which it encloses. You can then insert it into a person, object, or room, depending on what you are working on and what your intention is. Energy spheres can also be used at either one or both ends of connections you are making with the "Good Vibrations" or "Make Connections" sub-methods—or simply to flow energy between two different energetic structures. (See Figure 10.3) For example, an alternate way to create a permanent connection between two people is to form energy spheres around each of them (or around energetic structures that represent them) and then make the connection between those two spheres.

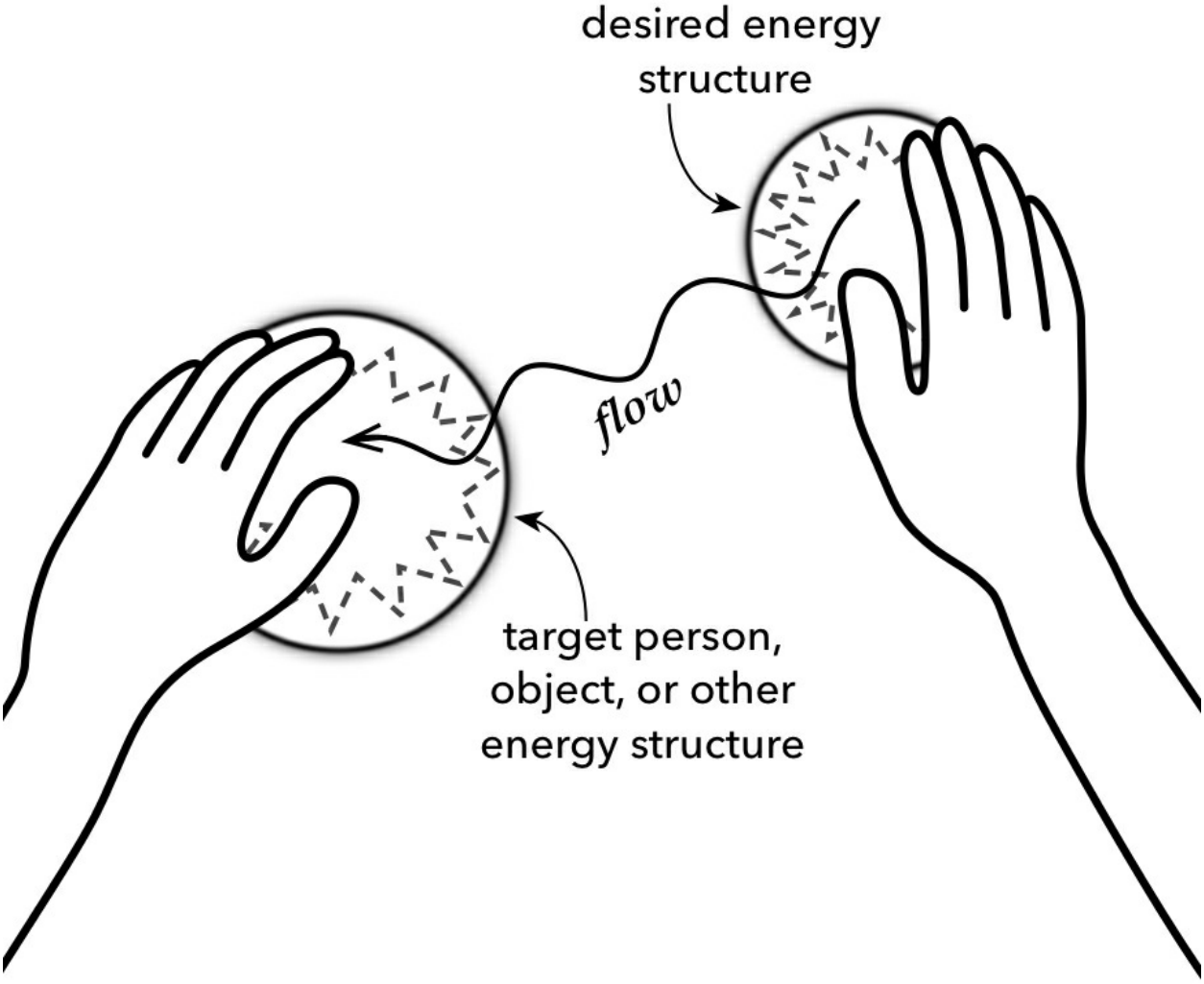


Figure 10.3 — Flowing energy between structures using energy spheres

You can even enhance the shielding concept using energy spheres by doing this: Grow a sphere between your hands. Cast it at what you want to shield (an object or person). Watch it expand as it approaches its target. When it hits, see that it envelops that individual or object completely. Then reach out with a hand or two and make a gripping motion toward the sphere. At the same time, see that energy sphere collapse onto its target, forming a powerful energetic shield as it does so. The shield it forms is much the same as what you could form by hand with the person or object right in front of you. That is, it hovers just over their surface like an invisible cocoon that protects and defends them in the way that you intended. You can play with this and see if it makes shielding easier to do. Have fun with it! You should be able to *feel*

the shield in place when it's done.

Example using Energy Spheres with Flowing Energy: You want to help someone get some restful sleep. Maybe it's your child or partner. It doesn't matter if they have already fallen asleep or not. You would like them to have deep, rejuvenating sleep. So tune in and find a vibration in your working space that represents that deep sleep. Wrap that vibration in a sphere of energy. Using both hands, firmly grasp the energy sphere containing the sleep vibration. Move it gently into the person's head and give it a little push. (You don't have to physically touch them.) See the sphere of this beautiful sleep energy move down through their body, slowly, all the way to their feet. Then see it bounce back the other way, proceeding up to their head again. Watch this for a minute or two, *seeing* the sphere of vibrational sleep energy move up and down through the person's body. Each time it cycles, *see* their body relax more and more. Imagine what it is like to see them sleeping deeply and soundly. *Feel* what that is like. You probably already *know* what it's like to see that person sleep deeply, so just sink into the memory of that feeling and knowledge. As the sphere fades into their body, trust that deep sleep is coming to them. Then completely *let go*. If your subject wasn't asleep at the start, I'll bet they will be very soon!

Energy Spheres with Destruction

Destruction energy combines with energetic spheres quite easily. When you discover and locate a negative energy structure that you wish to annihilate, just wrap it up in a tiny sphere of energy. (If it feels huge, you might need to create a bigger sphere.) Then determine which sub-method of destruction you would like to utilize. This works best with "The Incinerator," "The Supernova," or "Traditional Magick." Once that negative energy is within its own energetic sphere, it's easier to move it around and take control of it. Just toss the whole sphere into the incinerator, out into space, or into your drawn magickal shape. Then destroy it! (See Figure 10.4)

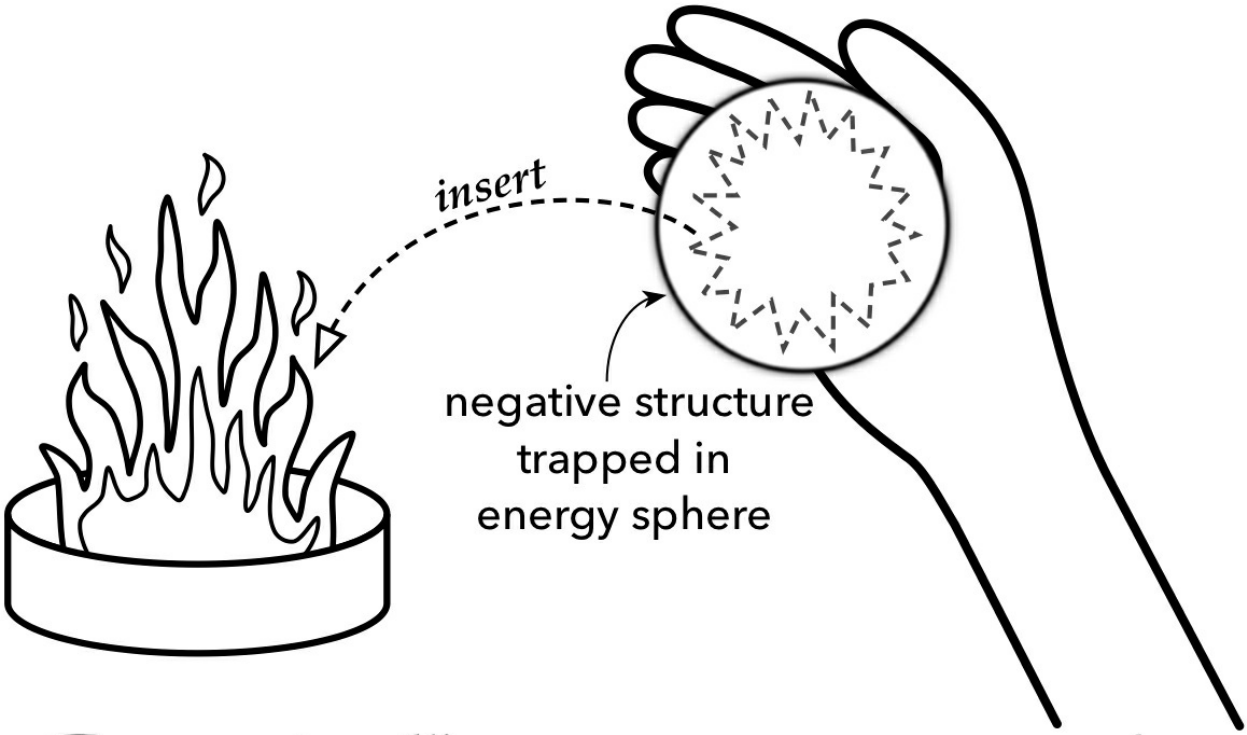


Figure 10.4 — Wrapping negative energy in a sphere to destroy it

Energy spheres can help you to separate negative energies when you come across them as you are working magick. Since spheres are such powerful structures, they can effortlessly contain unwanted energies—even those that want to escape! The sphere captures the energy, making it easier to remove it, move it around, and destroy it in whatever way you choose. A side benefit of using a sphere for negative energy structures is that you can place a few similar structures in there together with ease. For example, your mind may be able to *see* and *feel* the energies of guilt, worthlessness, and shame all placed in a sphere together. Since these are related emotions, you will probably be able to grasp the feeling of all of them at once, in one place. They can then be happily destroyed together!

Example using Energy Spheres with Destruction: Let's say you are doing some deep emotional work on your own self. You have created a magickal working space around yourself. For this magick, you are focusing inwardly to identify negative emotional conditions within yourself that are holding you back or which are sustaining certain situations in your reality that you'd like to be done with. Now let's say you identify a dark and deep feeling that

you'd like to be rid of, and it is located within your heart. Place one hand to your heart with the tips of your fingers positioned around it. You could pull that energy out as it is and attempt to destroy it. But to make it come out easier, twist your hand a bit and form a sphere around that dark negative energy. Make it as big as necessary to completely enclose that feeling that you wish to remove. *See* that it contains it fully and certainly. Then pull out that energy sphere with your hand. Heftily cast it out of your working space, deep into space, then destroy it as a supernova. *Feel* the intense release of this energy as it dissipates into nothingness in outer space! Be prepared that this release may be emotionally difficult to process. When you are ready, look for the next big feeling you want to eradicate, and do the same thing. Always *feel* the complete release and the absence of that thing once it is gone. *Know* that it's gone! Then *let go* and move on.

Using Holograms With Other Methods

We've covered how energy spheres can be combined with any other Mind Magic methodology. Now let's discuss blending holograms with the remaining three methods. The examples of holograms I give in this chapter are for people, but that's not a rule or limitation! Remember that while holograms are most often used to work with individuals, you can also use them for objects if it feels appropriate to do so. You can make a hologram of your car if you can imagine it sufficiently to work with it!

Holograms with Timelines

So, what do you get when you cross holograms with timelines? Some pretty cool magick! You can either place a small hologram of someone (or something) on a timeline and then slide it back and forth along it, or you could pull a timeline out of a hologram to do timeline magick on what the hologram represents.

To place a hologram onto a timeline, create a magickal timeline—either a general (generic) timeline or one for a specific issue, situation, relationship, or other purpose. Using one or both hands, shrink the hologram down to a small size, if necessary. Then move the hologram onto the center of the timeline (in the present). Imagine it snapping into place, as if it locks onto a track. Now you can slide the hologram backward or forward along that

timeline. With one hand, grasp the hologram and move it down the timeline. (See Figure 10.5)

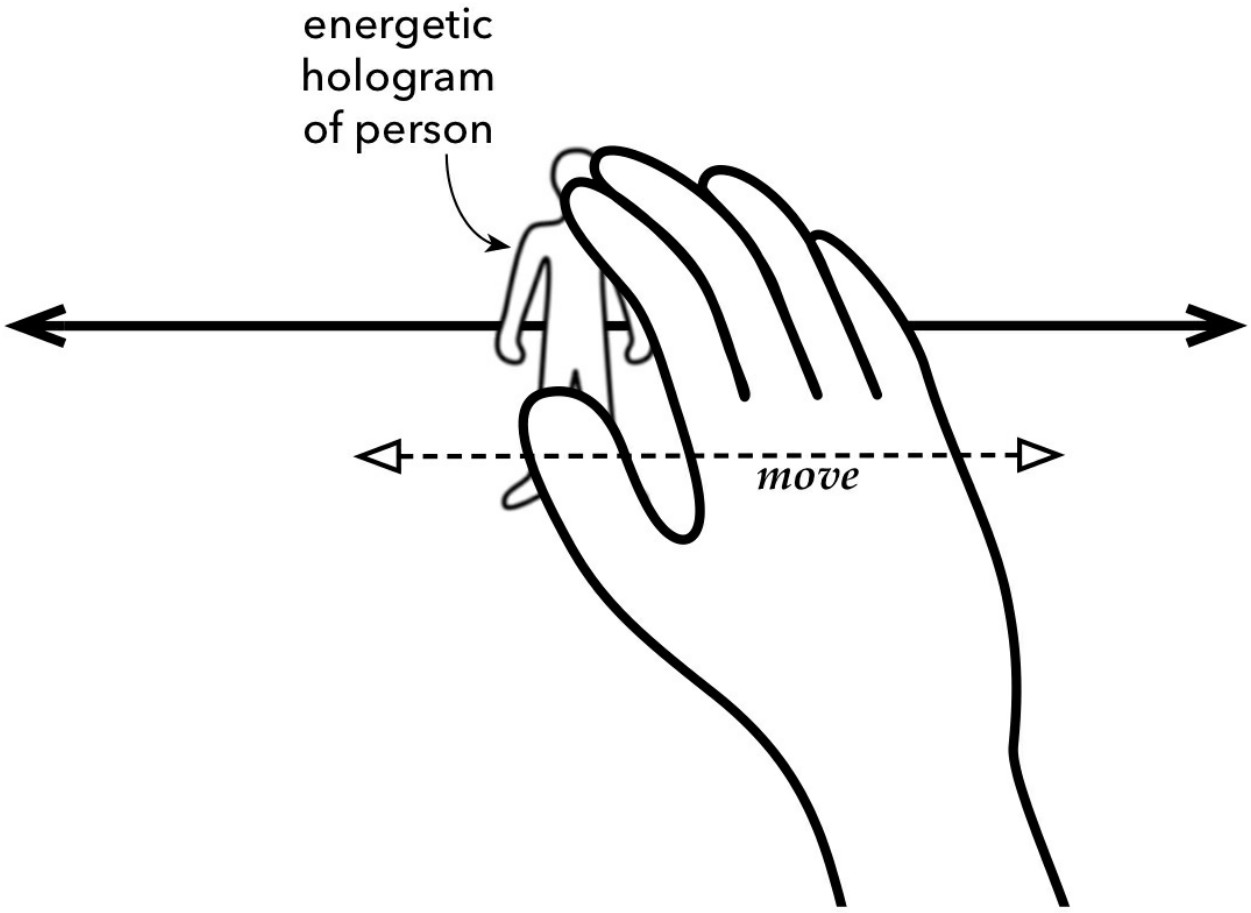


Figure 10.5 — Moving a hologram along a timeline

Depending on what your purpose is, you might want to move the hologram into the past or the future. Either way, see the changes in the hologram of that person (or object) as you move it backward or forward through time. You are now doing timeline magick for another person using just their hologram! This can be quite useful, especially if the individual isn't present with you. When you find the place on the timeline where the hologram *looks* and *feels* as you intended it to, you can establish those changes into the hologram. Optionally, you could remove the hologram from that point on the timeline (as it looks at that time) and install it back into the real person that it represents.

It can also be useful to create a timeline from the hologram itself. This would be another way to combine these two methods. To do this, reach into the hologram you have created and pull out a timeline for that person. It can be

for a specific part of their body, for a relationship, to resolve a past issue, or even for manifestation (to create something in the future for that person). Once you have created a timeline for that particular aspect of the individual, you can now work timeline magick directly on that timeline. When you are finished, collapse the timeline and insert it back into the hologram. Then insert the hologram back into the person it represents. This is another way to work powerful magick for someone who isn't even present with you!

Example using Holograms with Timelines: Your friend has asked you for some help with an upcoming event that they are stressed about. In your working space, you create a hologram of this friend as well as a timeline for their condition of stress (and maybe for whatever other help they need as it pertains to the upcoming event). Shrink down the hologram of your friend until it fits in your hand. Place it onto the timeline at the Present Moment. Feel it "click" into place. It is now on the track of that timeline and can be easily moved back and forth along it. Using your right hand, grab your friend's hologram and slide it slowly forward along the timeline toward the actual time of the event. When you see stress appear in the hologram, stop and change it. You can either directly change it in the hologram using that methodology, or you can change it using timeline sub-methods such as "Branching Off." Either way, your goal is to move that hologram to the time of the upcoming event while maintaining its peaceful composure. When you can *see* your friend's hologram at the time of the future event, still with a peaceful expression, then lock onto that. Connect with that vision of your friend! Remove the hologram from the timeline at that point, and merge it back into the real person that it represents. *See* the completion of the merge of your friend with that modified hologram. *Feel* it deeply until you *know* it. Then totally *let go!*

Holograms with Flowing Energy

You can blend flowing energy with holograms by simply making the hologram one of your connection points. This works well for the "Running Energy" and "Good Vibrations" sub-methods of flowing energy. You can run energy through a hologram just as you can a real person. For example, if you are working on someone's knee remotely, place your hands around the knee area of the hologram of that person and run energy through it that way. To connect a hologram to a space that contains specific vibrational energy, place your left hand on the hologram and use your right hand to search through

your working space for the vibration you are looking for. Once you find it, flow that vibrational energy from the location of your right hand to your left hand (into the hologram). (See Figure 10-6) The important thing with these concepts is that you are *seeing* and *feeling* that the changes are being made to the individual that the hologram represents. It may even be easier for you to see and feel changes to a hologram than to a real person. After all, you created it in your mind, so of course you can modify it! Once you are done making those changes, remember to install that hologram (with all the energetic changes that you made) back into the real person, whether they are present with you or not.

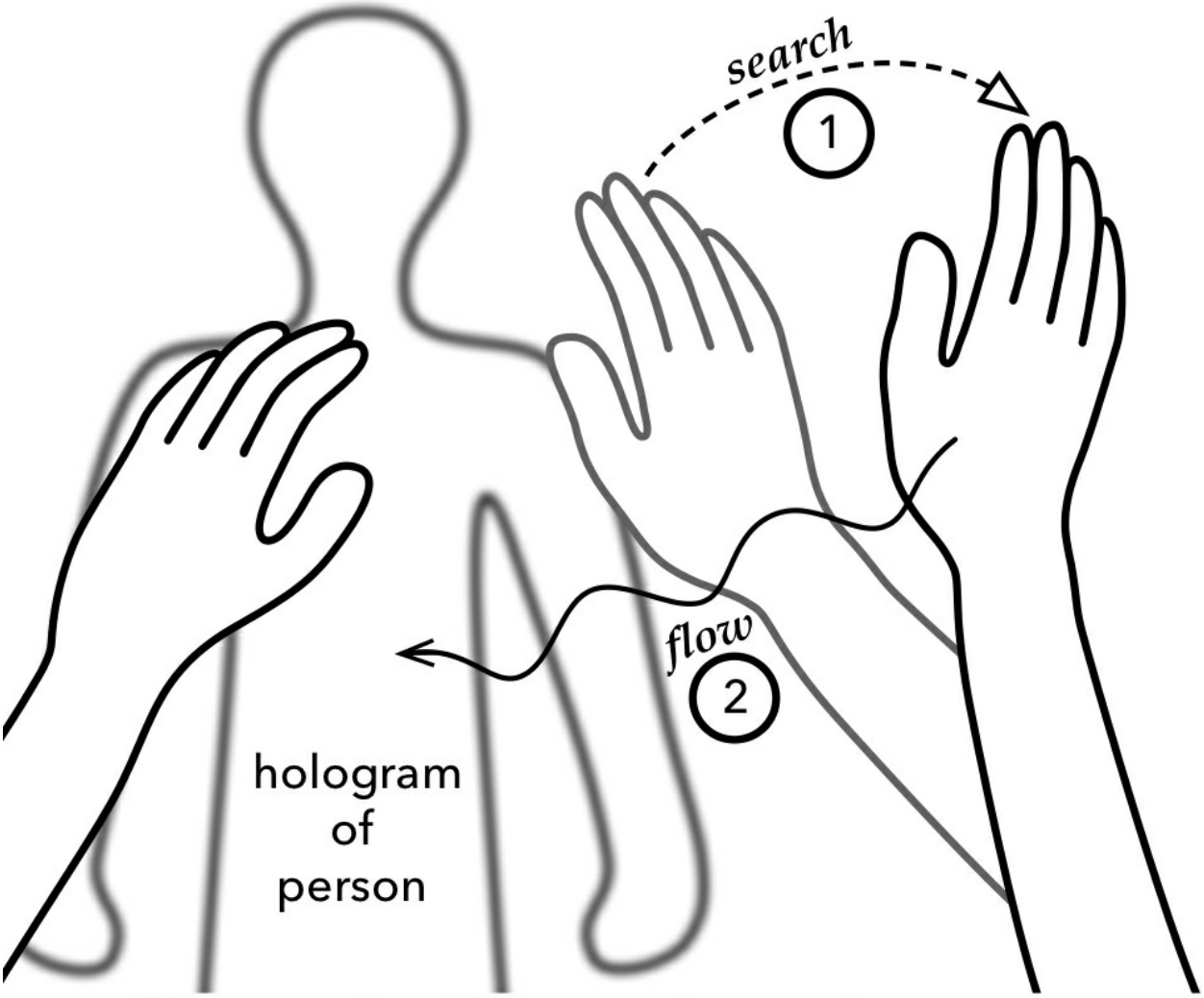


Figure 10.6 — Flowing vibrational energy into an energetic hologram

For the "Make Connections" sub-method, you can use a hologram as one of your connection points to connect someone (or something) present with you to someone (or something) that is remote. Or, you can form two holograms of people or objects and make a firm connection between those holograms. Once you get to the point where you *feel* that the strong bond between the two holograms has been formed, be sure to install each of them back into the original people (or objects) that they represent. You can also use holograms to break a connection that you previously made, even if you don't have access to those objects (or people) any more.

Holographic energy structures also play well with the concept of shielding. You can create a hologram of an object or person that you want to shield, and then form the shield around that hologram. To do so, first create the holographic structure. Then use your hands to form an energetic shield, from the top down, that completely surrounds that hologram. Once again, make sure you install the hologram you shielded back into the individual (or object) that it represents when you are finished.

Example using Holograms with Flowing Energy: Let's say you have a child who is on a trip somewhere—or maybe serving in the military—and you want to shield them from harm. Using the "Make A Copy" sub-method of holograms, create a hologram from a picture of your child and place it in your working space. You should see that the hologram clearly represents your child as if it is connected to them directly in some mysterious way. Then, using the flowing energy sub-method "Shields Up," form an energetic shield of protection around the hologram of your child. Start from the top of their head and work down to their feet, just as you would do if they were physically present with you. The key here is what you are *feeling* and *observing* in your mind. Shield the hologram, and then install that hologram back into the picture of your child. *See* and *feel* the very real connection to your child as you activate the shield. It is just as if you shielded them in person! *Know it,* and *let it go!*

Holograms with Destruction

You can use any of the destruction sub-methods to remove negative energy structures from a hologram just as you would from a real person. As you work whatever magick you are doing on a holographic energy structure, you may notice some kind of block—whether it's physical, emotional,

psychological, or situational. Take a look at the energy that you have detected and first be sure that you really want to destroy it. If you do, pause and deal with that structure. Draw a magickal shape, bring up your incinerator, or prepare to utilize one of the other processes. Reach out with a hand and grab the negative energy firmly, wherever it is. Since you are dealing with a hologram, it could be on the surface, nearby, or even somewhere within it such as in the head or the heart. Remove that unwanted energy structure and destroy it using your chosen approach. (See Figure 10.7) Continue to do this with as many negatives as you discover in or around the hologram. When you are finished working magick with the holographic structure, make sure you install it back into the person or object it represents.

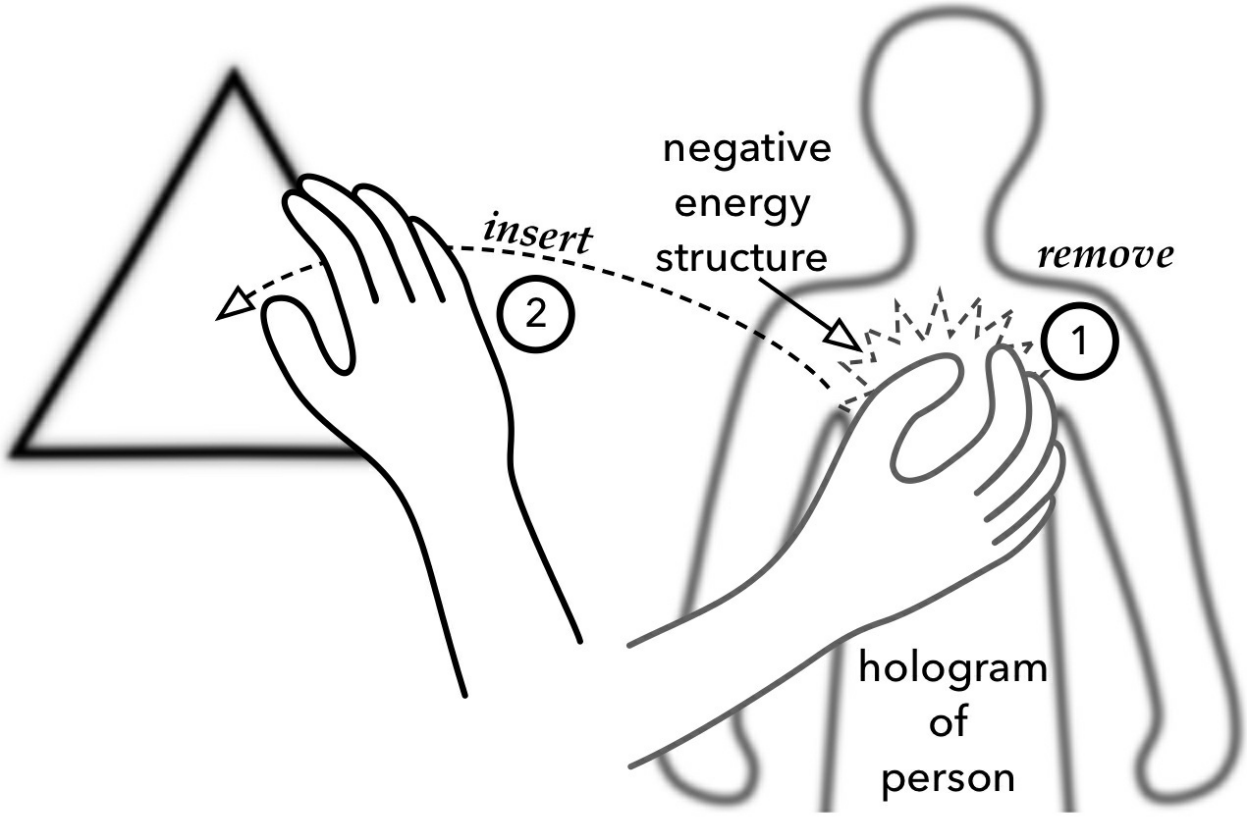


Figure 10.7 — Removing a negative energy structure from a hologram and annihilating it

Example using Holograms with Destruction: Let's say you wish to help a friend of yours who was recently injured in their right arm. Create a hologram of that friend (either from a picture or from scratch). Then take a look at their arm that was injured. Now, you might want to send running

energy through their arm, work some timeline magick going back to the time of the injury, or use another method to work on them. Imagine that as you are working on their arm, you see the negative structures related to the injury itself. This might include the pain they are in, the amount of time it will take to heal, specific aspects of the injury, the inability to engage in certain activities, the help that they now need, or whatever. Draw a shape, let's say an orange square, off to the left in your working space, and activate that portal of destruction. *See* it active there, ready to receive a negative energy structure. Then, for each of those unwanted energies that you see within the hologram that are related to your friend's injury, identify it, take hold of it, firmly lead it to the surface of the destruction chamber, and push it in! Once all of the negatives you can identify have been contained within the chamber, destroy them in whatever way you see fit. Then destroy or erase the container itself. When you are finished, go back to the magick you were doing on your friend's arm. *Look* at the arm of the hologram again. See how it is different now? All those negatives are gone! It might even look as good as new to you. Good job! Again, remember to insert the hologram back into the picture of your friend, *feeling* that connection to the real person that it represents. You *know* you have made a change, now *let it go!*

Using Timelines With Other Methods

We've discussed combining energy spheres and holograms with the other Mind Magic methods. Now let's blend timelines with the remaining two methods!

Timelines with Flowing Energy

As you know, there are a few different sub-methods for timelines, and they can get a bit complex. Some of them, like "Delete Event," wouldn't necessarily benefit from adding flowing energy into the mix. But a few of them might. You wouldn't change the way that you create, connect with, or branch off of a timeline. What you *could* change is how you make the final connection when you are doing timeline magick. Rather than feeling a sudden jolt of energy that makes your hands jerk, you might choose instead to activate vibrational energy at that point, allowing it to flow gradually from one point to another along the timeline (or between two timelines). Perhaps

for you, this flow of energy might be easier to feel than a sudden jolt anyway. Either way is fine, but with flowing energy, you are allowing the shift of your observation to be a *process* instead of a sudden change. (See Figure 10.8) For example, if you are connecting a future point on a timeline to the Present Moment, you might engage flowing energy to cause the vision of the future state to *gradually* flow to the present state. Continue the flow until you see that the transformation has been complete—the present state now *looks* and *feels* like the future state.

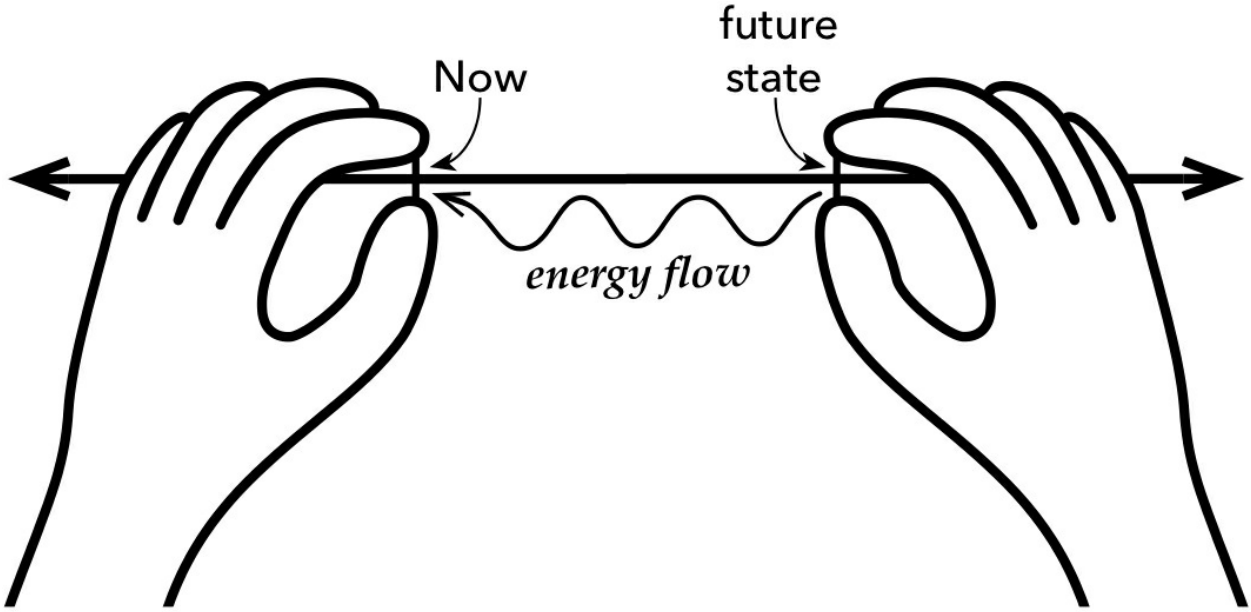


Figure 10.8 — Flowing energy between two points along a timeline

Flowing energy is not something you need to "get out" or "put away." It's just always there for you. So all you have to do in this case is activate it when you want it and stop it when it's done. You might notice that it stops itself when the change is complete—or maybe diminishes to a trickle as it finishes. When it's all done, complete your magick by cleaning up the timeline as you normally would, such as by installing it back into the person, object, relationship, or other situation that it came from.

Example using Timelines with Flowing Energy: You've created a timeline for yourself to alter a past event (or, rather, the effects of that event). You've gone back before the event and chosen a point at which you created a branched alternate timeline. Then you slide your left hand forward along the

alternate timeline to find a point that you wish to connect to—one which is sufficiently past the event on the original timeline. You also touch your right hand to the Present Moment on the original timeline so that you can connect the two. Now, rather than sending a jolt of energy that shoots from your left hand to your right, simply initiate a *flow* of energy. This is like a vibration that is gently copying the energy of your left hand's location on the new timeline with the present on the original timeline. *Watch* that flow happening as it copies the energy over. You can look between your hands to see how it is changing gradually. When you see that it is finished, observe that your right hand location (the present) now *looks* and *feels* just like your left hand location (desired point on the alternate timeline). You can now let go of the timeline, collapse it back into your hands, and insert it back into yourself. *Feel* the shift occur within you as you activate it. *Know* that it's done, *let go* of it, and move on to something else.

Timelines with Destruction

Merging timelines with destruction energy is as simple as pausing your timeline magick to remove unwanted energy structures when you perceive them to be present. Of course, since you are working along a timeline, you *could* remove such energies by sliding along the timeline or by branching off of it. However, a process of destruction might be preferable in some cases. It gives you another option of how to deal with negative energies you come across while working timeline magick. And it allows you to choose a point along the timeline that has the energies you desire but which also has some negatives you don't want. How? You can first remove any negatives, and then connect with that preferred point on the timeline once it looks "clean" enough.

When you have a hand connected to a single point on a timeline, you might see a range of space that represents that point—like a bubble that projects out of that point in time but which is linked to that exact location on the timeline. That "zone" of space which represents a given point in time to you, might also contain some distinct negative energies that you can discern. If this point on the timeline is one you would really like to connect with, you can use destruction energy to first rid that zone of any such rubbish.

For example, let's say you created an alternate timeline that branched off of a point before a negative event. Along that alternate timeline, you find a

location that you like the *look* and *feel* of, but you see one or two negatives there that you don't really want to connect with. The solution is simple. Reach into that "zone" on the alternate timeline (either with your free hand or by letting go of the hand that's holding it). Grab hold of the negative energy structure that you see. Decide how you want to destroy it, then proceed with annihilating it. (See Figure 10-9) *Feel* a sense of relief as that negative structure gets destroyed, leaving the chosen point on the timeline even more appealing to connect with.

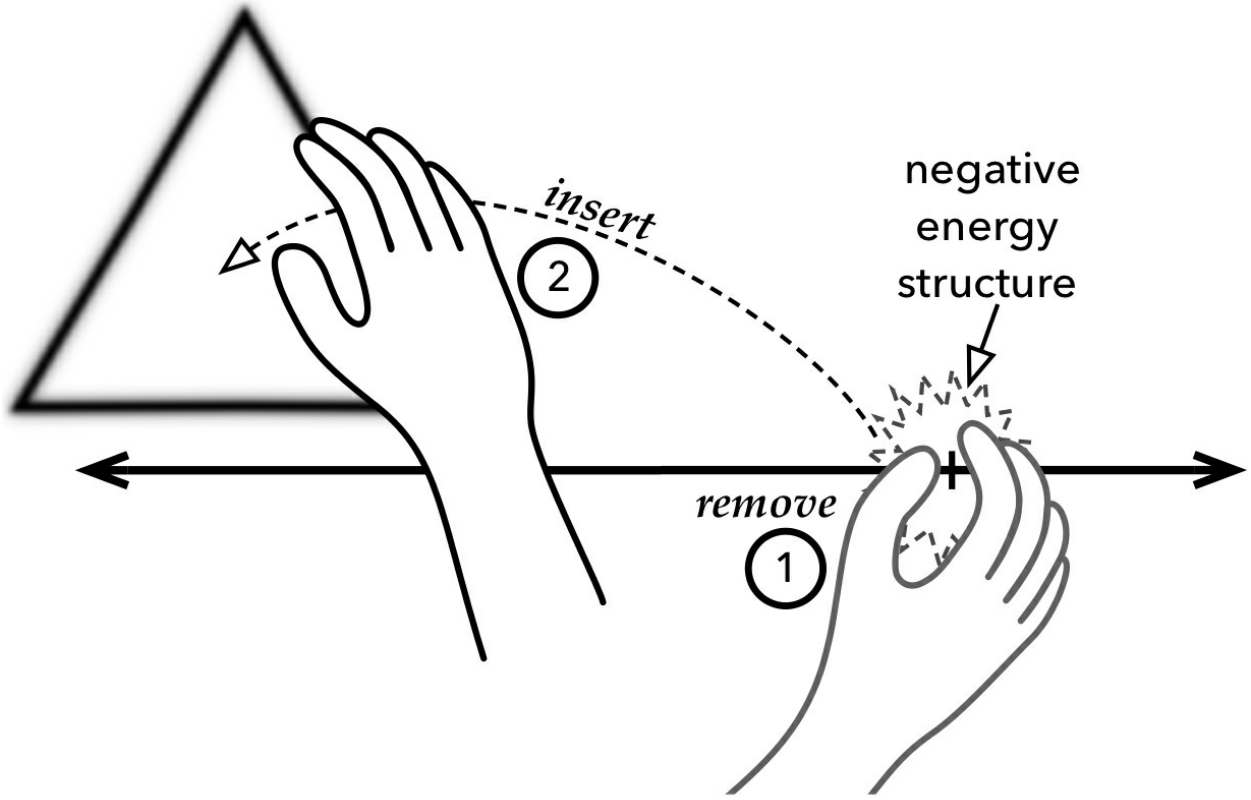


Figure 10.9 — Removing a negative energy structure from a timeline and destroying it

This blending of methods allows you to alter a position on a timeline until it looks how you want it to. You could also use other methodologies to adjust whatever energies you detect in the area that are linked to a given point on a timeline. Make it how you wish it to be! When it's good enough, then connect with that point on the timeline however you choose!

Example using Timelines with Destruction: Let's say you are using a timeline (for yourself) to connect with a future state that you desire. Imagine that it's a

place (time) where you are happier with the decisions your child is making for themselves. You found the point you want to connect to. It generally looks good. But before you establish that connection, you see that there are some negative feelings, ideas, or notions that pop into your mind about that future state. Other than those few things, that point on the timeline looks desirable to you. So you decide to bring out your mental incinerator to destroy the unwanted negatives. Clearly identify what one of those negative energies is. Grab it with one of your hands, and cast it into the incinerator. See it burst into instant flames upon entry. Identify the next one clearly, and do the same with it. Once they are all gone, mentally put away the incinerator and proceed with the timeline magick. Now that point on the timeline *looks* great in every way, so establish your connection with it, *feeling* the blissful jolt of energy that results! Remember to clean up the timeline when you are finished, such as by inserting it back into yourself. Give thanks for the new reality that you are already experiencing! *Know* that it's done, and *let go*.

Before we get into the practice section of this chapter, there are a couple more things I wanted to mention about combining methodologies. In some cases, you might find it easier to work with energy structures by adding in another method, even though you're already using a couple different ones. That's just fine. As I said before, this is only limited by your imagination! In the example just given, you might find it easier to remove negative energy structures from a point on a timeline by first wrapping them up in a tiny energy sphere. That's perfectly valid. If it helps you to get it done, by all means do it! What's important is that you actually *see*, *feel*, and *know* that it's done—deeply.

Another way you could fuse three methods together would be to use energy spheres either within or around a hologram that is on a timeline. You could even create a protective shield of energy around a hologram of a person that is on a timeline, and then slide that hologram forward along the timeline into the future, *seeing* the whole time that they are shielded all along the way. This kind of combination would be useful if you are concerned about the safety of someone during an upcoming event, such as travel to a foreign country. Again, if you can visualize the fusion of methods in your mind, then go with it! Through such combinations, these methodologies only get more powerful by becoming more versatile and flexible. Use your imagination!

Put It Into Practice

For this exercise in practicing magick, I'm going to select a variety of possible combinations of methods for you to practice. There are too many possibilities to practice them all at once! This time, I'd like you to choose a project that you have. It can be a home improvement project (large or small), a work project, or something you're doing as a personal hobby. I'm assuming you have something going on that you could work some magick for. If not, then just think of a project you'd like to do but just haven't had the motivation to start. We're going to have some fun with this! We'll start by blending a magickal timeline with other methodologies, and we'll end by merging in holograms.

Go somewhere that you can be alone for a little while to experiment with combining all the magickal methodologies that you have learned. First, create your magickal working space. It can be a large sphere or a cylinder of space from floor to ceiling. Step into it and clear your mind. Remember, your brain loves fun, so relax and enjoy this exercise!

With your mind clear, think of the project that you have chosen to work magick for. Are there any specific intentions you have for it? If there are any issues or delays, maybe you would like to just get past those easily. If there are limited resources for the project, such as time or money, you might want to alleviate those limitations. Get clear about the goal of the project. What is the goal? What will things *look* like when the project is complete? Imagine clearly how that would appear and, more importantly, how that would *feel*.

Now, with that in mind, using your hands, pull a timeline out of yourself—your head, your heart or chest—or even out of some place above your head where you "see" the finished project. Create that timeline right in front of you, with the Present Moment right in the center. This timeline is specifically for the project that you are working on. *Know* that. Next, bring your right hand onto the timeline, at the present, and lock it onto that track. You can now slide your hand back and forth along the timeline. Slide it a little to the left. Notice how you are seeing the stages the project was at in the past as you move further left. Take it back to the present. Then move it slowly to the right. *See* how the project progresses as it moves into the future. Note here that this is how your mind is seeing (or *predicting*) how the project will be

progressing as it moves forward. Maybe you see a block here, and there is no progress. Maybe you see the negative results of issues or hangups with it. Or maybe you see a smooth flow of the project as it moves into the future.

Timelines with Destruction

Do any negative feelings come up as you "peek" into the project's future? If so, stop your right hand on the timeline. Identify what one of those negatives is. Perhaps it's a blockage, a limitation, or just the concept that it's moving too slowly. Clearly see what the issue is at that point on the timeline. Bring your left hand to that space and give it a little twist to form a sphere of energy around the structure of that "problem." Get your incinerator out of the place where you store it (in your head) and into a usable position (for example, in the space to your left). Using your left hand, grab the energy that you identified and encased within a sphere, pull it off of the timeline, and cast it into the incinerator. See it burst into flames like tissue paper or dry grass. Breathe out and realize that it's gone. Are there any other negative energy structures at the position of your right hand along the timeline? If so, do the same with them, one by one. If you don't see any other setbacks or limitations, then slide your hand a little further to the right. If you notice any "problems" at another position, stop there and deal with them in the same way. When you are satisfied with removing the negatives you see in your project's future, move on to the next step.

Timelines with Flowing Energy

Let yourself relax for a moment. Then take another look at the project—how it looks along its future timeline. Is it satisfactory? Is the goal being accomplished in a timely manner? Or is something missing? Perhaps it doesn't appear to you that it's complete. Or maybe it is just too far into the future, indicating to your mind that it will take too long to accomplish it. Slide your right hand back to a point in the future when the project *should* be done. That is, you would be quite satisfied with it if it were finished at that point in the future. Get a feel for how far out that is. It might be a day or two, a few weeks, or even months. When do you want it to be complete? Find that place, even if it doesn't look remotely finished at that point. Once you have found that place, bring your left hand to it and hold that point, freeing up your right hand.

Now imagine again what your desire is for the state of the project at that

point on the timeline. Would you like it to be *totally* finished? Imagine that the goal is accomplished, the project is done, and you have that deep feeling of relief or satisfaction that comes along with that concept. You should still be holding that point with your left hand. Next, using your right hand, search through your working space for the *resonance* of what you just imagined. You are looking for a space in which the vibration of the completed project already exists. It doesn't matter if it's time or space (or both) that you hand is passing through. It's almost as if your hand is just feeling out "where" in the Universe this project is already finished. When you find it, hold that spot with your right hand. Make a strong mental connection between those two points —the location in your working space where you have found the resonance of the completed project with your right hand, and the point of time on the timeline (at your left hand) when you would like the project to be finished.

Begin a flow of energy from your right hand to your left hand. You are basically flowing the energetic structure of the satisfactorily completed project into the position on the timeline "when" you would like it to be that way. If this is too complicated to visualize, then just *feel* the flow of energy from your right hand to your left hand. Let the energy continue to flow—as a pulsating or vibrating wave, an electrical current, a gush or flood, or any other kind of energy transfer—until it *feels* like it is complete. You should *know* when it is done. You will get a sense for it. It will feel as if you have finished it and there's nothing else to do. Now look back at your left hand—at that point on the timeline when you desired the project to be completed. Notice how it looks now. See how the project appears to be finished at that point in time? Good!

Energy Spheres with Timelines

Next, bring your right hand to where your left hand is on the timeline. Using both hands, wrap the energy of what you now see there in a sphere. This is the energetic structure of the project being complete *at that point* along the timeline. The sphere you created is "stuck" on the timeline, as if it is on a track. Using one or both of your hands, remove that sphere from the timeline by pulling it off, and then insert it into your head. As you do this, imagine that it clarifies the image to you of the project being totally finished, with everything that it needed, at the desired time in the future. Let this energy sphere fill your head—and fill your mind as it does so. Let the vision sink in deeply. It not only allows you to see the project as completed at that time, but

it makes it difficult to see anything else! It's like you can't see any issue or problem with it any more!

Holograms with Flowing Energy

You're going to continue to work on this project with magick—mainly to practice combining methods, but also to ensure that you've made all the necessary changes to the energy surrounding your chosen project. For the next part of this exercise, leave your timeline floating there in front of you. Create a hologram of yourself. Before you do this, first consider how you are related to the project you are working on. If it's a work project, it might be as a worker who is responsible for a given part of the project. So your hologram may represent the responsibilities you have pertaining to the project. If it's a home improvement project that you are working on yourself, you may have a more personal interest in the project, as well as more control over it—and possibly more difficulty with it as well. In this case, your hologram may represent your vested interest to accomplish the project for personal reasons. If the project is for a hobby of yours, then your personal interest may be even greater, as it may tie directly to inner desires that you have, or it may be an outlet of personal expression. Your hologram for this might represent those desires, the idea of expressing yourself or doing something you love, or a host of strong emotions that relate to the project.

Identify what aspect of yourself and your relationship to the project your hologram will represent. Bring your hands to your head, shoulders, chest, or hips, and make a holographic "copy" of yourself in energetic form. Place that hologram in your working space in front of you. Touch your hologram with your left hand. Bring to mind again the vision of the project being absolutely finished in every way. Allow the feelings of pleasure, relief, or relaxation that accompany that vision to arise within you. With your left hand still on the hologram, reach your right hand out into the space in front of you. Search for a place that *resonates* with the vision you are holding in your mind—the feeling of the project already being complete the way you would like it to be. It might be in the same place that you found it before, or it might not. When you find it, stop and hold that vibrational energy structure. Connect the location where your right hand is in your working space to the location where your left hand is (on your hologram). Start a flow of energy from your right hand to your left. Again, this can be a vibrational energy, an electrical current, or even a rush of energy that flows quickly. Let it flow until the

hologram of yourself at your left hand looks as if the vibration you found with your right hand is the *true reality* pertaining to the project. This might be like *seeing* the expression on your hologram's face as it realizes that the project is already done the way it wanted it to be. Or it might appear as if the entire countenance of your hologram is now *fully aware* that the project has been completed according to the intended plan. It's smiling, of course!

Holograms with Destruction

Go ahead and release your hands, but continue to look at the holographic form of yourself in front of you. As you gaze at your hologram, with its realization of the project's completion, see if you notice any negatives arise in your vision. There might still be some negatives structures in the perception of your hologram as it relates to the project's final status. Maybe there are doubts or fears. Maybe there are even negatives that come from the project being done with utter success! These might be things you didn't expect would result from it—or things you feared might result from it. In any case, identify one of those unwanted energy structures. With your left hand, draw a red triangle somewhere off to your left—on the floor or in the air. Activate a glowing portal to a chamber of destruction! Now, with either hand, grab a firm hold of the undesirable energy that you identified in, on, or around the hologram. Draw it out, bring it to the portal, and push it into the destruction container! For now, just leave it there. It has gone within, and it cannot escape!

Identify any other negative energy structures in or around your hologram that you'd like to get rid of. When you have clearly identified another one, grab it in the same way and place it into that chamber. Let them accumulate there until you have located and removed all the negative energies that you see in the hologram. These are unwanted patterns of energy that are related to your personal connection to the project and its desired completion. Once you have them all trapped in the destruction chamber, choose a method to destroy them, such as pouring in gasoline and then tossing in a lit match. (Just the energy form, okay?) When you see that those unwanted energies are all gone, erase the triangle you have created by rubbing its border with your hand in counter-clockwise direction. Good job!

Holograms with Timelines

For the final part of this exercise, you're going to place that holographic

structure of yourself onto the timeline that is still there, hovering in the space in front of you. With both of your hands, reach out and touch your hologram —on either side or maybe at the top (head) and bottom (feet). Shrink that hologram down as you bring your hands together. Make it small enough to fit into one of your hands. See that it is still the same hologram of yourself with all of those same fantastic feelings associated with it. Size is nothing. It still represents what it did a minute ago. With your right hand, place that little hologram of yourself onto the timeline—at the Present Moment.

Next, slide the hologram down the timeline to the right, into the future. As you do so, *watch* how your hologram changes as the project progresses toward completion. Remember, this is the project's timeline, not the hologram's. You are just connecting the two, and so the hologram is responding to the timeline of the project. Bring it forward to that point in the future where the project has been successfully finished in its entirety. This should be roughly the same point that connected with earlier. Notice how your hologram *looks* at that point on the timeline. Isn't it beautiful? You have just magnified that *feeling* of total completion of the desired project within your hologram! Your holographic self is fully experiencing feelings of fulfillment, success, and satisfaction related to the project. With that clear picture of your hologram at that point on the project's timeline, intensify the hold you have of the hologram with your right hand. Forcibly pull it off of the timeline at that point, with all of those feelings in tact, and bring it back toward yourself. Touch your hologram with your left hand so that you are connecting to it with both hands. Pull your hands apart and increase the size of your hologram as you bring it closer and closer to your body. As you touch your hands to your head, shoulders, chest, or hips (wherever you created the hologram from), feel as if that holographic self is being inserted into you. You are *becoming* that version of yourself. You *are* that person! Let all the feelings that your hologram was feeling fill your mind. Let the expressions that your holographic image was bearing come across your real face. Fully *feel* and *experience* what you saw it was experiencing, as if you are now within that hologram, looking out toward the world. Allow those feelings to sink into you until you *know* they are for sure. And then, as always, completely *let go!*

Remember to clean up your working space when you are finished with this magick. I trust that you not only had fun with this exercise, but that you made

some positive, beneficial changes to your own personal reality. You are now ready to move on to magickal sessions—a beautiful, structured manner for working powerful magick!

PART III: MAGICKAL SESSIONS

11. PREPARING FOR MAGICK

> *One important key to success is self-confidence. An important key to self-confidence is preparation.*
> —Arthur Ashe

Preparing For A Magickal Session

By this point, you should have a good amount of knowledge about the five key methodologies of Mind Magic, as well as an understanding of how to combine them in various ways for greater versatility and enhanced effect. Now I'm going to give you some additional guidance in how to utilize this knowledge. These five methods, along with the four steps of Mind Magic, give you the foundation for learning how to carry out your magick within a "magickal session."

The next chapter is all about magickal sessions—what they are and how to conduct them in their entirety. But first, you should prepare for creating such a session. That's what this chapter is about. With what you've learned so far, you can work a wide variety of magick for virtually any circumstance or situation. That's great! If you truly digest the principles and practices taught in this book, you will be able to create all sorts of powerful, reality-altering magick. So why would you need to put that magick into a "session"? Well, the short answer is, you don't. Not really. But you might *choose* to. Why? Read on.

If you're just making some small changes, you can work a little magick here and there just by directly using the Mind Magic methods. But I have found that the effectiveness of magick often depends on the focus I give to it. Sometimes I would like to make some changes to reality in an area that seems really difficult—something that would be considered a "miracle" if it happened. Do you have any changes like that which you desire to create? So, if I really want to work some powerful magick, I build that magick into a "session" and work on it until it's *done*. That is, until I truly *feel* that it is done—until I *know* it!

Another reason you might choose to wrap your magick up in a magickal session is if you already did some quick magick for a situation and it didn't have the effect you intended or desired. Maybe you noticed or felt a small shift—just not enough. Or maybe the results weren't quite what you expected. You don't need to settle for that! If you'd like to see a bigger change, you may want to hit it with the additional awareness, focus, and attention of a magickal session—assuming that it's something you desire enough to be worth the extra time and effort.

I generally recommend that you create a working space for whatever magick you are doing. But in some circumstances, you can work simple magick quickly without even doing that! The story I told earlier about the timeline magick I did for my son's knee is an example of that. I didn't bother creating a working space or really giving any thought to preparation at all. I just connected to his knee, tapped into a timeline for the event, and fixed it—just like that! But if I was working on someone who had long-term issues with their knee and was scheduled for surgery, I would go about it quite differently. Why? Because then I'd be touching a situation where multiple people's conscious (and subconscious) awareness is involved—the person with the condition, loved ones that assist them, the doctor, nurses, and anyone else who thinks and believes that the issue exists.

In the case of my son falling on a stone, there wasn't much other consciousness involved. It was just those of us who were there. So there weren't other energy structures in the way of the desired change. I think this is what allowed me to make the change so fast and so easily. Sometimes the expediency with which you work magick tends toward fast results without much thought. In the case of the person lined up for surgery, however, there may be many unseen energies that are adding pressure to the situation. It's still just as possible to "fix" it, but it may take a bit more work—and a bit more focus.

That's where magickal sessions come into play. I'm going to teach you how to encapsulate the magick you are working for a specific intended purpose within a *session*. You will want to use these in cases where you have a significant purpose, you intend a large amount of change, the situation is complex, or you feel that you are up against a lot of opposing forces or energies. During such sessions, you will be able to take advantage of whatever Mind Magic methodologies you want to use to work your magick—

and any combinations of methods as well. But I want you to be *really* successful with magickal sessions! So, first we are going to discuss how to *prepare* yourself for working the kind of powerful magick that you are probably itching to work. There is nothing physical to prepare, like ingredients for a spell. You only need to prepare *your mind*. This short chapter will provide you with guidance in preparing yourself for working amazing magick within a Mind Magic session. So let's get started!

Clearing Space

The first step in preparing your mind for a magickal session is to clear the space in which you will carry out that session. You know all about how to create a magickal working space, but there's more you may want to do in difficult situations. You should, of course, have an actual physical space that you separate, at least temporarily, for working your magickal session. If there are objects in the way, take a moment to move them aside. Anything that distracts your mind (or which you think will) should be removed. Also, any*one* that is present in that space who you feel will distract you should leave as well. Any significant magick that I do, I typically work alone—unless I am specifically doing work for someone else. Even in those cases, I generally only allow the person I am working on to be present. I'm not saying you have to do it this way. You can create your own protocol of how to do your magick. I'm just recommending that you *not* have present anyone that doesn't need to be present—especially if it's someone that doesn't support what you are doing!

Once you have removed all of the physical distractions from your planned working space, relax a moment and pay attention to what else you might be *feeling* is present. Sometimes you may find that there are energetic structures in the area (or even entities) that will be in the way of your magick—either by being a distraction or by directly being a force opposed to that magick.

Banishing is a whole realm of magick that I don't talk about much. Mind Magic is more focused on *creating* intended reality rather than *removing* existing reality. However, you could use the concepts of *destruction energy* for banishing, if you like. Typically, when I go to work magick in a room (such as my home office), I don't engage in any such "banishing." Normally,

there aren't negative energies or entities present in my office!

Don't get me wrong! I have certainly had my share of sensing the presence of negative entities, and I have worked various forms of banishing magick to remove them. I just don't normally have to be concerned about such things any more. Whether that's because I have done so much emotional releasing, deep healing, and personal work on myself that negatives aren't generally haunting me any more, or whether it's due to the excessive amount of shielding and protecting work I've done, I can't say. I have noticed, however, that *looking for* negative entities or energy structures tends to make them *show up*. So another factor could be that I've learned not to look for them! I've found instead that I can just focus on what I desire to change. And if there are any negatives present, they will reveal themselves when I connect to the new, desired reality. Then I can deal with them!

That said, occasionally I *do* sense the presence of negatives—whether entities or energies. And then I will realize that I allowed something into the area that was not beneficial. If I do get a sense of such negatives, I just brush or sweep them away with a gesture of my arm—or sometimes both arms. This is easy to do. Just imagine pushing all of the energies present that aren't in resonance with your magick out of the room that you are in. Use your hands and arms to send them away. *Feel* them depart. Breathe out as you do this, as if you are releasing them, letting them go, and easily blowing them away!

Once you feel that the negatives are gone and there is nothing there to distract you, haunt your mind, or oppose you in your magick, then you are ready to form the working space for your magickal session. Back in Chapter 5, you learned a few ways to create a magickal working space: You can simply create a large sphere of energy that encompasses the entirety of the desired space, or you can draw a circle on the floor and then raise it to the ceiling to form a cylindrical working space. Also, you have the option of creating that space around yourself or of creating it first and then stepping into it. For a refresher of how to create a working space, complete with illustrations, see *Appendix D*.

So, the first part of preparing for a magickal session is to clear the space and then form your working space there. In some cases, you might want to create a working space with additional protection.

When Would I Need A Protected Space?

There may be times that you feel you need additional protection around yourself while you work specific magick. It could be that you attempted to banish negative entities or energies that you felt were present, but you still feel them lingering about. Or maybe you are working magick in an unusual place that you don't have much control over. Or you might have a sense that someone or some*thing* is watching you, observing what you are attempting to do. You might feel that you have an enemy who is against you—maybe even an enemy who is deliberately working magick against you or that is directly opposed to your magick. This could feel like you are in a magickal "battle" of sorts.

Don't freak out! You have full power over yourself no matter what anyone else is trying to do, especially now that you are learning some pretty awesome magick! Now, I don't teach or promote black magick (that is, magick used to harm others). However, I don't pretend it doesn't exist either! I'm not saying that you should focus on that idea or start thinking that someone is against you. Even *believing* that can make the Universe respond as if it's the truth. I'm just providing you with some guidance for those situations where you *feel* that someone or something is against you. This could simply be negative energy coming from somebody that isn't even aware of it! It doesn't have to be malicious or deliberately opposed to what you are doing. It might be. Or it could be only an interference.

Yes, you can do something about it! If you feel that you have good reason for it, go ahead and create a protected working space for your magickal session. Maybe you're working magick for a sensitive situation, relationship, or other circumstance that warrants it. Or you might just want to block someone's negative vibes from interfering with your magick. Whatever you're reason, you can take some additional steps to protect your working space. It just takes a little extra time and energy. I don't normally bother with the additional overhead of creating a protected space, but I do on occasion.

There is one particular case I can think of where I was counseling a woman in relation to magick that she felt was being worked to control her at an unethical level. She believed it was coming from a certain individual she knew, but she hesitated approaching that person about it because of the fear

of making the situation worse. I was able to sensitively analyze the woman's situation and provide her with clear guidance on how to escape the control she was being put under without a direct confrontation. After communicating the inspiration I received, I worked some magick for her situation. In this case, I created a protected space around myself so that I wouldn't be exposed to any retaliation from the person she was attempting to be freed from.

For the details on how to create a protected magickal working space, complete with illustrations, see *Appendix D: Creating a Protected Magickal Working Space*.

Why Altered States Are Important

In Chapter 2, we discussed the quantum observer effect and the power of the subconscious mind. The core of magickal power, I believe, rests in the existence of the observer effect. And the power of the observation of your subconscious mind is many times greater than that of your conscious mind. This is why the four steps of Mind Magic are so important! You *see* (conscious) and then you *feel* (subconscious). This deepens into *knowing*, which is a blend of conscious and subconscious thought. *Letting go* is a technique for removing those subconscious blocks that might be obstacles to truly observing reality (at a subconscious level) in the way you desire to. So the goal of the four basic steps is to get your subconscious mind "on board" with what your conscious mind has decided, and to get both of them working together to *observe* reality as you choose to observe it.

But your subconscious mind isn't really logical. You can't reason with it. You have to *appeal* to it. As you know, a powerful way to do this is through feelings. It is your *feelings* about things that direct your inner mind (your subconscious) to perceive a given reality in a certain way. Have you ever stopped your thoughts as they are racing by to examine where they are coming from? You might be in the middle of working or of talking with someone, and all of a sudden some image or video sequence comes to your mind. It might be a terrible image, such as of a fearful future possibility. It might be a happy memory. Or it might be something that you desire. All too often, with desires, people are thinking of how much they *want* something instead of what it feels like to *have* it. The point is that these images, videos,

or concepts in your brain—I mean the ones that automatically "pop" into your mind—are generated from your *feelings*. That is, they come from the realm of the subconscious. And they are usually generated without any effort on your part.

Now let's consider the conscious mind again. You can force your mind to think of something consciously. You can picture a certain image, play a video in your head, or ponder a complex concept. You have control over what you see or think in your mind, although it does take conscious effort. These images, videos, and ideas are *not* automatic and spontaneous. They are coming from the logical, thinking part of your brain—your conscious mind. Many people get tripped up here. They think they are creating reality by forcibly controlling what they are thinking of. That's good. It's a first step. But it's not all that's needed.

You need to *appeal* to your subconscious mind to get the power of magick really flowing for you! In other words, you need to find a way to bridge the gap between controlled conscious thought and uncontrolled (automatic) subconscious thought. By the way, this is the whole point of hypnosis—to reprogram your subconscious mind so that the automatic thoughts it has in a certain area are along the lines that you want it to think. In actuality, your subconscious mind doesn't really "think"—that is, it doesn't process logical thought. Instead, it *feels, observes, remembers, imagines, believes,* and *knows*. The goal of magick is to get it to *feel*, *observe*, and *know* in the way you would like it to—and in a manner so powerful that it directly alters reality!

So how do you appeal to your subconscious mind? You have to get past the barrier! There is a natural barrier between your conscious and subconscious minds. Consider it the "protector" of your subconscious. It is there for your safety, as the subconscious mind has the job of preserving your life, and it could be potentially dangerous if you had direct control over it. But there are ways to penetrate that inner barrier in order to *imprint* (not control) your subconscious mind with whatever it is you choose. This should be done carefully, as you don't want to imprint your subconscious with the wrong ideas!

So, how do you penetrate that inner protector? There are many ways, actually. The example I mentioned of hypnosis is one of them. Deep

meditation is another. Repeated, heartfelt affirmations are yet another. Now, it would be quite inconvenient to have to hypnotize yourself or to descend into deep meditation every time you wanted to work some magick! The methods I'm going to teach you in this chapter will have a similar effect, but are much faster and easier to conduct.

Meditation, hypnosis, breathing techniques, and other practices all share a common goal of getting your mind to *relax*. This is actually an important aspect of working quality magick. Relaxation has a tendency to thin the barrier between the conscious and subconscious minds. And if the relaxation method is done correctly, it will alter your state of consciousness.

What is an altered state of consciousness? Let me give you a quick lesson in brainwaves and states of awareness. There are five generally-accepted brainwave ranges. The highest are gamma waves. Gamma brainwaves accompany a heightened level of awareness, learning, or problem solving. Next are beta brainwaves. Beta is the state you are in most of the time when you are awake, alert, and consciously thinking. A little lower, alpha brainwaves accompany a state of relaxation, both physically and mentally. The next lowest are theta brainwaves. Your brain resonates with theta waves during deep meditation, certain dreams, and other types of altered conscious or semi-conscious states. The lowest brainwaves are delta waves. These accompany deep, dreamless sleep. You have basically no conscious awareness when you are running delta brainwaves.

For our purposes, *theta* is the range of brainwaves we want to focus on. There is a range of theta brainwaves and a range of your level of consciousness when your brain is running in theta. Think of that dreamy state you are often in when you first wake up. Do you ever awake with the notion that you were just dreaming something really important or insightful or revelational, but you can't quite remember it? You're in an altered state when you are dreaming. Your brainwaves are running in the theta range. You pass through the theta state naturally when you fall asleep and when you wake up (unless you awake to an alarm clock, which may disrupt that process). That halfway-wakeful state isn't useful for working magick simply because you generally don't have conscious control over what you are dreaming, thinking, or feeling. If you could control it, it might be an excellent opportunity for magick!

Altering your state of consciousness encourages a stronger connection between your conscious and subconscious minds. And theta state is excellent for just such a connection! I'm going to teach you how to get your brain to gently slip into theta state in order to work effective magick. Keep in mind that this is all optional. If you don't want the additional overhead of altering your state first, you can just work Mind Magic without doing so. However, if you have decided to conduct a magickal session for something you are working on, I recommend that you take the extra couple of minutes to alter your state of consciousness first. Yes, you can just choose to alter your state of consciousness directly! Let me show you how.

The exercises in the next section are going to teach you how to step out of your logical, thinking brain (conscious mind) and drop more into your sensing, feeling brain (subconscious mind). That is, they will shift you into a light theta state. In this theta state, you are more relaxed, yet aware of what you are thinking, feeling, seeing, and doing. This is a great state to be in for working magick! Here, you connect better with your subconscious mind and can thus influence it more directly with your conscious thoughts and decisions. And that's exactly what you want for magick!

Let me describe what this is like so that you will know what it feels like and can recognize it when you attain to that state of mind. If you have any experience with "heart coherence" as taught by the HeartMath Institute, it is a similar feeling. For heart coherence, you are taught to direct your thoughts down into your heart, as if you are "thinking" from your heart—instead of up in your head. This has an almost instant effect of relaxing the mind to a surprising degree. By doing this, you can regulate the beating of your heart so that it beats more coherently. But for our purposes, we want to get even deeper. Imagine quieting your conscious, thinking brain—that part of you that is keenly aware of your environment—and tapping more into your *feelings*. It is like you are shifting the way you are *observing* a given reality into a "soft focus" on that reality—like when a lens blurs the focus of an image or video.

This blurred or softened focus on reality is fantastic for working magick! Critical thinking mode tends to hold your reality in the more concrete perception of it you have had. But then you relax your focus on that reality—on what you *thought* it was—and you open up to the possibilities of what it *might* be! You have stepped out of that busy, active, thinking mode into a

relaxed, open, feelings-based mode where inspiration can easily flow, vision is unimpaired, and magick just works!

When you do this, you are in an altered state of consciousness. It's probably a theta brainwave state, but it doesn't really matter what you call it. It's that state of mind where you still have conscious control over what you are doing, but you can now *feel* your surroundings. You can feel the reality you are touching and modifying. You may even be able to just *feel* things into existence! This shift in your state of awareness allows you to connect better with the open possibilities that exist in the morphic field called "Mind Magic." That is, you are sharing in and connecting with the existing structure of Mind Magic, and this structure provides the means by which you may easily alter reality however you see fit. All through this book, I've been telling you to *see* this or that and to *feel* this or that. Shifting your state of consciousness makes all of that so much easier to do!

Shift Your State Of Consciousness

Now let's get to the exercises! These are designed to shift your state of consciousness into one that is conducive to working powerful magick—and to do so quickly and effectively!

There are four methods I am providing here for altering your mental state. Here in this section, I describe how to do these in detail. In *Appendix B: Altering Your State of Consciousness*, you will find these same exercises in a slightly-modified version. This is so that you can more easily reference them when you need them. I will also be creating PDF versions of each of these on my website (when it is available) so that you can print the exercises on a single page (for even easier reference).

My recommendation with each of these methods is that you practice each one at least a few times. Figure out which exercises bring you into an altered state the most easily. If one or two of them work well for you, practice those until they come naturally. It could be that they all work for you. Great! The more you practice these exercises, the more you program your mind to relax and slip into an altered state on demand.

NOTE: Some of the exercises in this section refer to chakra points. For more information about chakra points, including their specific locations in the

body, please see *Appendix C: Chakra Points* in the back of this book.

The All-Seeing Eye

I created this method from a combination of different modalities I have learned over the years. It is highly effective at altering your state of consciousness very quickly. I typically do this exercise standing up, but you can do it sitting down if necessary.

Clear any physical or energetic distractions from your designated working space. It works well to do this exercise right before creating your magickal working space. However, you could create your space first, step into it, and then carry out this method. Again, figure out what works best for you. You may also close your eyes or keep them open, whichever you prefer. There is no right or wrong way to do this, as long as the purpose of the exercise is accomplished.

Begin by reaching up with one hand and touching one or two fingers to your third eye chakra point (in the middle of your forehead, just above your eyebrows). Hold that point for a moment. Imagine that you have a single, large eye right there in your forehead. Bring your consciousness of sight to that point, as if you are seeing from that one single eye rather than your two physical eyes. Let go of your third eye point and move your hand outward from your face. Your hand's movement is the first thing your third eye sees. Now slowly move the palm of your hand downward, facing you all the time. Imagine that your one large eye is dropping down along with your hand. It is sinking down through your head, through your throat, and into your chest. When your hand reaches the center of your chest (in front of your heart chakra or solar plexus chakra), stop and hold it there. You are still seeing out of your one large eye, and it is still looking at the palm of your hand. You have now dropped your internal vision into the center of your chest—in your "heart space."

Next, remove your hand and "see" (with that single eye) from the center of your chest. Imagine what it is like to look at the room you are in from that vantage point rather than from the position of your physical eyes. You are now going to start spinning that one large eye around. Begin spinning it to your right. Imagine you are seeing the room from different angles as you spin that eye around. Turn it all the way around, so that it looks behind you, then around to your left, and all the way back around to the center. This eye has

the ability to see through your body in any direction. Notice what the room "looks" like from that eye's perspective. Spin it around once or twice more, always directing your inner sight to what that eye is "seeing."

The next stage is to begin to see further and further away. Keep spinning that single eye around in the middle of your chest. The next time around, you see through the walls in front of you, on the side of you, behind you, and so on. You might be seeing outside of the house or building you are in, or you might be seeing into other rooms. Go ahead and "look" at what's there. Allow whatever comes to that inner vision to come, without hinderance.

Each time you spin your eye around, notice that you see things further away. The next time around, you are seeing beyond the physical structure you are in. You might be seeing into the neighborhood, into the city, or into fields, woods, or mountains, depending on what the external surroundings are at your location. Imagine you are actually *seeing* those things that surround you, farther and farther out. If there is a freeway nearby, you might see cars and trucks speeding along. If there is a park nearby, you might see people walking their dogs. Keep spinning that eye around, so that what you see keeps changing. It's like your vision is spiraling outward with each pass around.

If you feel you are already in a significantly altered state of mind, you can stop here. Or, you can keep spinning that eye around, allowing yourself to see things even further away. As you go around, the distance spirals outward even more—at an alarming pace! The next time around, you are seeing things much farther out—distant cities, mountains, valleys—as if you were looking through a telescope that could see through any objects that are in its way. The next time around after that, you might see past things that are orbiting the earth (like satellites)—or maybe even to the moon or other planets in the solar system. You could take it around yet again and see clear out into the distance reaches of space, to nebulas and star clusters within the galaxy, or even beyond the galaxy. Always keep that eye spinning around as long as you continue to "see" with it.

You probably won't need to see out into space in order to slip into an altered state of consciousness. Just keep going further away until you feel the transition. Your brain has changed what it normally, consciously does—that is, seeing with your regular eyes—into what it's not used to doing—that is,

ignoring your physical eyes and focusing clearly on your imagination *as if* that was what you were really seeing. This has a powerful effect of shifting your consciousness and the frequency of your brainwaves.

Optionally, you could shift from this exercise right into creating your magickal working space: Reach into the center of your chest where that third eye has been spinning around. Touch that location (either your heart or solar plexus chakra point). Pull a small sphere of energy right out of that spot in your chest. Bring it out in front of you with both hands and expand it into your working space. You are now ready to begin your magickal session!

Heart-Breath

This next exercise is based on concepts taught by the HeartMath Institute. HeartMath is an organization that has created convenient heart monitoring sensors and accompanying computer software that teaches individuals how to calm down their hearts in order to bring them into what is referred to as "heart coherence." This is a state of being (in your heart) in which your heart is beating in an orderly and harmonious rhythm. Coherence is measured by specific fluctuations and patterns of your heart rate over time.

The techniques created by HeartMath, coupled with their ingenious software and monitoring system, teach people how to communicate with their heart. This strengthens the mind-heart connection, which allows for easier control and management of feelings. It also helps with a variety of conditions that many suffer from. Using HeartMath technology has been proven to reduce stress and anxiety levels, melt depression, increase calmness, and strengthen focus. It also makes it easier to control one's feelings, which is why it is an interest of mine. If you struggle with learning how to effectively control your inner feelings, their program could actually help you tremendously. They even have a mobile version of their software with a finger heart-rate monitor that plugs into your phone!

The method I developed from the ideas of HeartMath is a simple breathing exercise. As with the others, you can carry out this method standing or sitting down. It may be helpful to close your eyes. You can also do this either before or after creating your working space. If you do the exercise first, it will give you an angle for easily creating that working space.

Begin by simply controlling your breath. Breathe slowly and evenly—slowly

in, slowly out. Now bring your attention to how you are breathing. You are drawing air into your lungs through your mouth and nose. Focus on that for a moment as you breathe deeply. Then direct the inner attention of your breath downwards. Imagine that you are taking air into your lungs from a point lower than your mouth. Slowly move that point down your throat into the center of your chest. When you reach the center of your chest, right about where your heart is, focus on that while continuing to breathe slowly and deeply. Imagine you are pulling air straight through the center of your chest into your lungs, so that your heart can get the oxygen from them.

Next, make a gentle shift in your mind, so that you are now breathing directly into your heart. Yes, as you breathe in, imagine you are pulling air straight through your chest into your heart. As you breathe out, you are breathing the air straight out of your heart. There is only your heart now—no mouth, no airways, no lungs. You are just a heart, beating and breathing in the Universe. Continue to breathe in and out of your heart, slowly and evenly, until you feel that you are in a sufficiently relaxed state of mind. You are no longer in your mind at all. Your consciousness has dropped into the space of your heart. There is no more thinking. You are only *feeling*, as that is what the heart does. You are now in an altered state, *feeling* from your heart.

If you would like to create your magickal working space from here, it will be easy to do. Touch that place by your heart that you have been breathing in and out of. Imagine that your beautiful heart is easily and automatically pumping out a small sphere of energy into your hand. Bring that energetic sphere out in front of you with both hands and expand it into your working space. Then move on to conducting your magickal session.

Intergalactic Space

This is one of my personal favorites because I love science, space, and astronomy (in case you haven't noticed). This method is best to practice sitting down with your eyes closed. I recommend that you do this exercise before you create your magickal space. It will empower you to create it easily when you are done.

To begin, sit, relax, and close your eyes. In your mind's eye, take yourself out into space—far, far away. Imagine you are in the deepest, blackest space between the galaxies. You are so far away from everything that there is nothing but vast empty darkness. Infinite darkness—and *you*. Somehow, you

are able to breathe. In fact, all you are is a breath, slowly breathing in and out in the vastness of intergalactic blackness. Focus on that darkness. It is just black. It is empty. It is *nothing*.

Intensify your focus on the darkness until it is the only thing in your mind—darkness and your breath. Do not allow yourself to *think* of anything else. Push out all thoughts of *anything* else—even the thought of thinking anything. Empty your mind *entirely*. Think only of the darkness. It may help to focus on your breath. It is as if you are *only* breath—the breath of the Universe—gently breathing in and out in the darkness.

If any thoughts come into your mind (and the first time, they surely will), just push them away. Forbid yourself to think of anything! If any feelings come up in yourself, push those away as well. Don't let yourself feel anything! You only *perceive* the darkness and the breath. That is all there is—vast black emptiness and gentle consistent breath.

Hold this state for as long as you possibly can. At first, you may find that you can only hold it for a matter of a few seconds before thoughts and feelings come rushing in. Don't give up! Just force them out! If it helps, imagine a wall all around the central point of your breath in the darkness. Push any thoughts beyond that wall so that you pay no attention to them at all! Then bring your focus back to the darkness.

If you can hold this state, without any thoughts interrupting it, for 30 seconds or even a minute, it is enough. The first time, you may find it difficult to hold for 10 to 15 seconds. Keep working at it. It does get easier! Fifteen seconds is sufficient the first time you do this exercise. As you get used to it, aim for at least 30 seconds. You don't have to time it, as that would be distracting. Just get a feel for it. And yes, counting is thinking!

Holding an empty mind in this fashion, without allowing any thoughts, tends to "reset" your brain. It alters your state of mind. Once your brain is reset in this manner, immediately shift your focus to the intention of the magick you are about to start working. Then create your working space and step into doing that magick!

Chakra Clearing and Charging

This is another method that you can practice either right before or right after you create your magickal working space. The end of this exercise will

transition easily into creating that space. Either way, first clear your designated working space of any physical or energetic distractions. You will need to stand up for this exercise. You may also close your eyes or keep them open, whichever you prefer.

This exercise makes heavy use of chakra points on the body. It's a good method to use if you think you will be running energy during your magickal session, especially if you will run energy through chakra points. Again, for more information about chakra points, including their specific locations in the body, please see *Appendix C: Chakra Points*.

Stand in your designated working space (even if you haven't created that space yet). Begin by relaxing your breath. Breathe slowly and deeply. Imagine you are beginning to breathe in light. Take a few deeps breaths of pure light, white and bright. On each in-breath, feel the light coming through your mouth or nose down into your lungs, filling the lungs with powerful light! On each out-breath, feel the light coming up from your lungs back out through your mouth. Focus on the pathway of the light—in and out through your mouth or nose. Take a couple of breaths like this. Three breaths is enough.

On the next deep breath in, direct that light to the top of your head. Breathe in the light through your mouth or nose and send it to the top of your head—your crown chakra. Touch the top center spot on your head. As you breathe in, the light reaches the top of your head and gathers there. As you breathe out, it starts to spins around, forming a sphere. *See* it spinning there, counter-clockwise (or clockwise from above), going from the left, out, and then back to the right. Imagine this as a spinning sphere of bright white light which partially penetrates into the top of the head. *Feel* this light energizing and activating your crown chakra point. You may take additional breaths if you need to in order to see it clearly. With practice, you will be able to do this visualization in one in-breath for each chakra point. Once you are able to see the sphere of light spinning there, you can stop touching your crown chakra point. Leave the light spinning there as you continue with the exercise.

On the next in-breath, send the light to your third eye chakra. This is the spot in the middle of the forehead, slightly above the eyebrows. Touch this place on your forehead. As you breathe out, see the light spin around at this spot, clockwise, going up on the left and down on the right. As before, *see* this as a

spinning sphere of bright white light which partially penetrates into your forehead. Release the chakra point, allowing the light to stay there, continuing to spin. *Feel* the energy of this light cleansing and charging your third eye chakra. If you need to take additional breaths to complete the visualization, that's fine.

With the next breath in, send the light to your throat chakra. This is located in the center of your throat, a little above the base of the throat. Touch this spot as you breathe in. As you breathe out, *see* the light spin into a sphere at that spot, clockwise, up on the left and down on the right. Again, *feel* the energy of the light activating that chakra point. When you are ready, move on to the next point.

On the next breath in, send the incoming light to your heart chakra. This is the point in the center of your chest, right where the heart is located but centered in the rib cage. Touch this point as you breath light into it. Allow a sphere of light to spin around there as you breathe out, clockwise as before. *Feel* it cleansing, clearing, and activating your heart chakra.

The next spot is your solar plexus chakra. This is the point just below the bottom center of the rib cage in the dimple between your abdominal muscles —below the top two and above the bottom four. Touch this point as you breathe light into it. Spin the light around clockwise at that location as you breathe out. You now have several spheres of light at various chakra points spinning around with each deep breath that you breathe.

With the next in-breath, direct the incoming light to your sacral chakra. This is located at the top of the sacrum, in the center of the lower belly, about an inch or two below your belly button. As with the other points, *see* the light spinning there as you breathe out while touching this point. See it as a sphere which partially penetrates into your abdomen and which rotates clockwise in front of you. *Feel* it as an energizing ball of light.

For the next breath in, send the light to your root chakra. This point is at the base of your tailbone, at the bottom of your trunk, about where the perineum is. Touch this spot or near it as you breathe in. On the out-breath, spin the light around in a sphere. This sphere is spinning in the same direction as the one at your crown chakra (the top of your head). Looking down, it would be spinning clockwise, out from the left and back to the right. This sphere extends into the lower abdomen, penetrates the top of the inner thighs, and

extends down below your root chakra. *Feel* the energy of that light sphere clearing and activating the root of your being!

We have now energized all seven of your chakra points, as you have spheres of light rotating at each of them. But we aren't finished. Let those spheres of light continue to spin there as you breathe. Continue to feel all of your chakra points being charged and activated with each breath. Then reach up and touch the space directly over your head, about six inches or so above it. With your next deep breath in, imagine a large, egg-shaped column of light whose top is at the spot you are touching and whose bottom is below your feet. It encompasses the entire space of your aura. As you breathe in deeply and slowly, you are filling this whole space with light. Yes, your whole aura is filling up with bright white light! When you breathe out slowly, see it begin to spin. It spins clockwise (if looking down from above)—in the same direction as the spheres of light at the top and bottom chakra points.

Take a couple more deep breaths in and out. With each one, *see* this beautiful white light fill up your aura and spin around more intensely. You may need to take a few breaths to complete this visualization. *Feel* this powerful light energy saturate your entire body, your aural space, and all of your energy centers with pure mystical power! Each in-breath fills the space with more light, while each out-breath spins it around at all the locations at once. With practice, three deep breaths should be enough to sufficiently saturate your aural space with light. You are now filled with energy and light! By this point, you will have so distracted your mind that you will be in an altered state, probably resonating with theta brainwaves.

You can now easily shift into creating a working space for a magickal session. Just reach out with both hands and expand that egg-shaped aural space that is filled with light into a dome-like energy sphere that encompasses your designated working space. It is already filled with power and light! Then carry out your magickal session.

As a reminder, all of these exercises for shifting your state of consciousness are available, in an altered form, in *Appendix B: Altering Your State of Consciousness*. This appendix contains trimmed-down versions of these exercises, based on the assumption that you have done them each at least once.

Set Your Intention

It should be obvious that you must have some intention when you go to work magick. Otherwise, why would you bother with it? But let's clarify what I mean by "setting" your intention…

You've cleared your space, altered your state of consciousness, and created a working space for magick. You're prepared to carry out a magickal session. You must have had *some* intention of what you were going to change to begin with in order to do all of that. Now bring it to the forefront of your awareness. Let your intention be palpable. Focus on it! Get clear about *exactly* what it is you really desire to alter in the reality you are about to touch and change.

Once you have a clear picture about what you desire, consider *where* that picture is. Is it up above your head, straight in front of you, or off to your right or left? Wherever it is, reach out and touch it with a hand. Connect with it. This connection will make that intention become a subconscious guide to you while you are working magick. Now let go of it with your hand. You don't need to stay focused on it all the time! Now that you have clarified your intention and made the connection to it, you can just *set it aside*. You've put your intention out there. You've brought it up from within yourself. It's right in front of you. So let go of it. Let it stay "out there" somewhere. If it's directly in front of you so that you are still focusing on it, go ahead and move it aside, to the right or left (whichever feels more natural), so that it's just outside of your view. I know this seems counter-intuitive, but trust me here. This will help you to detach from the need for anything to *change*.

Remember, you aren't *trying* to change anything! You are only getting yourself to *observe* a new reality and then allowing that reality to easily flow into existence. You will learn more details about this in the last section of this book. During the course of your magickal session, you can check back with the intention that you put in place at the start whenever you feel you need to. I'll explain this more when we discuss the "feedback loop" in the next chapter.

I will admit that I don't always set an intention in this way. If I know I'm about to connect with complex unknown energies, such as those connected with people's emotional issues, I may just start with a general intention to

make some “good” changes—whatever that might mean. Then I will step into working the magick and take a “look” at what I *perceive* can be done for the person or situation I am connecting with. If you have such a situation, you don’t *have* to set the intention up front. You can, of course, first tune into it and then set up an intention after you’ve already begun working the magick —once you’ve determined what you’d really like to change. There’s no required way to do this. It is just helpful if you set your intention to begin with so that you have something to guide you along your way.

Okay! Now that you’ve come to this point, I think you’re ready to learn how to work magick in a Mind Magic session. So let’s go!

12. THE MIND MAGIC SESSION

> *Without this playing with fantasy no creative work has ever yet come to birth. The debt we owe to the play of the imagination is incalculable.*
>
> —Carl Jung

What Is A Magickal Session?

A magickal session encompasses the whole of all the magick you are working at a given time for a given purpose. If you are familiar with spell-casting in witchcraft, you'll know that a spell consists of preparation and set-up, invocations, casting the spell itself, closing the magick, and finally any necessary clean-up. But a magickal session is not a spell! It's more like an *enchantment*. In fact, a "session" is the entirety of the magickal enchantment that you are conducting. It is also different from a spell in that spells are typically very specific. They require certain objects, conditions, and things to be said and done. A Mind Magic session, by contrast, is dynamic, flexible, and adaptable. There is no given set of "rules" for your session—just guidelines. Sure there are *ways* to do things, but you can mix, combine, and even adjust those ways to suit your own purposes. In this manner, you are building your own magick. That makes it more personal—and more powerful!

The entire goal of the magickal session is to continue to work on whatever issue or situation you are dealing with until you deeply *feel* that the magick is complete—until you *know* it is done and that reality has already been changed in the manner you desired. However, don't despair if you can't get yourself fully to the *knowing* state while working your session. The last part of this book will give you some powerful tools, guidance, and insight on how to better control your own mind and feelings so that you *can* get to that state of mind and more easily influence your reality. And, even though I said that a magickal session is the entirety of the magick you are working for something, this doesn't mean that it ends there. Your alterations to a given reality may be made to the current *rate of change* in the *flow* of that reality. Such changes

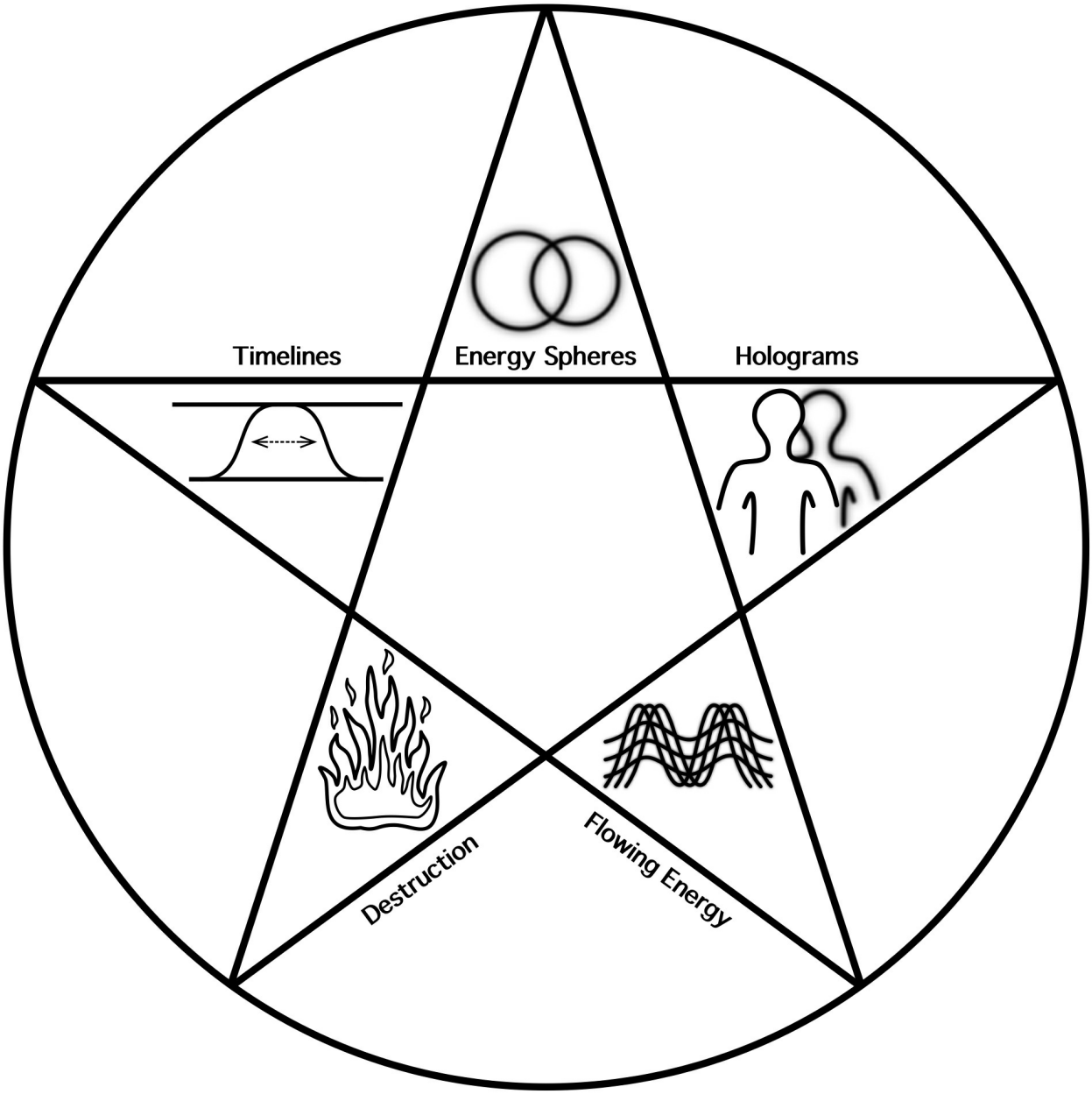
can take time (in your perception) to bring about the results that you desired.

Before we get into the nitty-gritty details of the magickal session, I'm going to suggest that you consider them "play" sessions. Learn to make them fun, enjoyable, and *playful* from the very start. This will make your magick flow more freely and easily. Sure, you can do Mind Magic sessions in a serious tone, but why not feel happy and joyous instead? Such joy will only benefit you, as it has an awesome way of dissolving the tension of any negative energy structures that you might need to engage with. If you tap into a reality with a happy, positive attitude—even with laughter—you will find that you are able to change that reality more directly, maybe even effortlessly. It will also help you with the "letting go" step, as you can easily shift from there into a released and carefree mindset.

Engaging The Mind Magic Palette

Now let's dive into the core of a magickal session. You have prepared well for this magick. You've cleared the distractions out of your space. You've altered your state of consciousness so that you now hold a "soft focus" on reality and your brain is running more in a meditative state (theta waves). You've created your magickal working space (maybe even a protected one). And you've clarified your intention—and then set it aside.

The next step is to bring up the Mind Magic palette:



You can bring this palette in front of you from the book, printed on paper, or as a digital image. As soon as I get my website set up, I'll make a full-color version of the palette available for you to freely print and use for magickal sessions. You technically don't need this visual aid to work the magick, but it can be helpful—at least the first few times you use it. Once you are familiar enough with the palette, you can just bring up the energetic structure of it in your mind. As long as you can "see" the pentagram and the locations of the five methodologies, that is sufficient.

For now, just use the image of the palette found right before the next chapter,

as it's printed there without any distracting words around it. Make a copy of it if you'd like. Yes, you have my permission to copy it for the purpose of using it for your sessions.

With the Mind Magic palette in front of you, gaze at it with that "soft focus" that we discussed in the last chapter. Your purpose here is to decide what method (or combination of methods) you will utilize to work your magick. *Notice* what happens. Allow your connection with the palette itself to be a two-way communication. You may perceive that a certain methodology on the palette "lights up," darkens, moves, wiggles, spins, or comes out toward you. This is an indication of what method you should use first. You might see two or three methodologies "light up" or be indicated in some way. This is a subconscious suggestion to use those methods together. Let your imagination guide you here, as it is a link to your intuition. You receive direction from the Universe as imprints on your subconscious mind. These are then brought to your conscious mind as you hold that *soft focus* which promotes an easy connection between them.

If you can maintain that relaxed focus and that altered state throughout your magickal session, things will flow easier for you. Also, being in a *detached* state as you engage with the structures of a reality can be quite beneficial. Attachments get in the way so easily! Don't *need* anything to change! You already set your intention at the start. Now just work with that reality—molding it to look like your intent—in a relaxed fashion. Your magick can be intense, but it doesn't have to be forceful. You don't have to try to force anything! Just move things into place gently yet confidently. Expect that it will be simple to do and that the Power of the Universe will work with you. Everything can easily shift into place to match your intentions because nothing has to change anyway! You've removed the *resistance* to change.

In such a state of mind, discerning which methodologies to utilize will come peacefully. It doesn't take any struggle, any trying, or even any "thinking." You may have thought you're definitely going to use timelines for your magick, but the first thing that came to you when you looked at the palette was flowing energy. Just go with it! Let go of any pre-conceived notions and let the inspiration come! It may surprise you.

If you don't notice anything, or you don't perceive which method to choose, don't worry! Just choose a method you would like to use and engage with it.

There's nothing saying that you *have* to receive guidance on which methodologies to work with. That is only for your benefit and ease of use. If you simply *desire* to work with timelines, you can. There are no rules about this—but if you do receive guidance, it may be the Universe showing you the most *direct* path to fulfill your intentions. So pay attention to it!

Using The Methods

Once you have identified which method you will be using first, reach out and touch that method on the palette. If there are multiple, touch each of them. You can do this even if you are working with an energetic version of the palette in your mind. I typically bring up the Mind Magic palette energetically, positioned "out of the way" on my left, then I touch the methods with my left hand. Connecting your hand with the palette isn't truly necessary, but it is *useful*. It's another indication to your subconscious mind that your hand is accessing that *kind* of reality-altering technique. Your subconscious is then primed for expecting your hands to "do things" along those lines.

Another way to prime your mind for using a method would be to speak the name of the method out loud as you reach out and touch it's symbol. You can mutter it or whisper it if you like. For example, say "holograms" or "energy spheres." Again, you don't *have* to do this. It's just another trigger for your subconscious that says you're going to start changing things now using that *kind* of technique—and that can be powerful!

Once you have chosen a methodology for your magick, put it to use! Follow what you've learned about each of the various methods and about combining them together. When you are done working with that method, you aren't necessarily done with your magickal session. You might be—or there might be more to do. You may have felt a significant shift in the reality you have connected with. Even that doesn't necessarily mean you are finished. There could be more shifts to come! Sometimes I experience several major shifts within a single magickal session.

When you finish with one method, look back at the Mind Magic palette and see if there is an indication of any other method you might like to use. If something else lights up or gets your attention in some way, then engage that

method in similar fashion. Touch it with your hand. Speak it out loud if you like. Then utilize it to work the magick that you see is still to be done. Use your intuition and trust the guidance you receive.

A word about *distraction*: As you work with the various Mind Magic methods, you will be focusing on the changes you are making in a magickal realm. When you are done making those changes, there is often a feeling of *completion*—at least of that part of the work you are doing. At that point of completion, it's okay to let your mind be distracted *away from* what you just changed. In fact, that can tend to kick the magick into high gear! Why? Because it's a form of *letting go* of the hold you had on the reality you were just modifying. You feel that it's done, and so you *look away* at something else. And—*boom!*—a shift occurs. Sometimes the act of simply looking back at the palette of methods can be enough of a distraction to your mind to trigger that shift. If such a shift occurs for you, allow yourself to *feel* it and let it *flow* until it's complete.

For example, you may think: "Okay, I modified the timeline. I'm done with that. What else is there to do?" Then you look back at the palette with that same relaxed focus and open curiosity as you had at the start—ready to receive more inspiration. And viola! Reality *shifts*. I often find that it is at such points of *temporary distraction* that I feel the most significant shifts in a reality that I just touched with magick. Here is my explanation for this: You've been working magick with your hands, engaging both your conscious and subconscious minds in a beautiful interactive dance. Then, you *feel* like it's "done." So you look at the palette—or even away at something else entirely—and your brain shifts gears. You're conscious mind has released it's focus on whatever it was just engaging with, *leaving the subconscious mind alone to work its magick.*

Sometimes the shifts that occur when you "look away" like this can nearly knock you over! I think the brain actually makes a sudden transition from theta brainwaves into gamma brainwaves (the highest and fastest) just for a few moments, and then falls back into theta waves again. And during those few moments, something significant *changes* in the reality you were modifying. Of course, I have no proof of this brainwave transition because I don't work magick with electrodes stuck to my head! But gamma waves are associated with a high degree of *learning* in the brain, and I do feel a sudden surge of brain activity when this happens. It feels subconscious and quite

powerful!

If you are continuing with your magick, you don't want to stay distracted! This should only be a temporary stage that happens *in between* the magick you are working. Once you choose another method to work with, get back to focusing on that magick and what you are doing with it. Alter the reality you have connected with in the ways I've taught you using whatever methodologies you choose. Combine them if it feels right to do so. Speak the power words associated with the methods when you feel confident in saying them. Get comfortable manipulating the reality you are engaged with. It is in your realm now! You have created your working space. You have a set of tools to work with. You know how to use them! So bend that reality to your will! Make it look the way you desire to see it!

Another side note here: You may find that you have a tendency to want to create certain patterns with the methodologies that you can repeat over and over again easily. Just don't make them too easy! Don't get so comfortable with the methods that you are at risk for letting your mind wander. A wandering mind is not so great for working magick. Focus your mind! While you are using the methods, stay focused! If you find that using a certain method a certain way has become so commonplace for you that you're not really focusing on what you're doing anymore, then change it up! Try something new with that method. Make combinations that you haven't done before. This is why I have given you so many options with the Mind Magic methods—so that your brain doesn't get bored with them! Boredom is not creative. *You* are creative! So focus on what you'd like to do with the reality you have tapped into, and then do it!

How do you know when you're done? Well, you can look back at the intention you set at the start of your session. Remember where you put it when you "set it aside"? Look back at it now. Then look at the reality you are still engaged with. Does it now appear to match your original intention? If not, then observe it (with that *soft focus* again) to see what else needs to be adjusted to make it look more like your intention. Glance back at the palette and see if there's another methodology you should utilize. But if the reality does match enough that you feel satisfied with the result, you can finish up your magickal session. If you aren't sure, keep in mind that you can always come back and modify things a bit more later on. There aren't any rules in the Universe about this! Reality is completely flexible!

So, your magickal session consists of continuing to work with the Mind Magic methodologies until you *feel* that the magick is complete. This may feel like things have shifted away from the way they were and toward your original intention. If you didn't set an original intention, then you are finished when you *feel* as though you've made enough changes to be satisfied with them. The shift has been made. Your purpose is complete.

Now go ahead and finish up your session. We'll get to how to close your session in the "Cleaning Up" section of this chapter. But first, we have some other aspects of magickal sessions to discuss…

Stick With The Steps!

All of the Mind Magic methods utilize the hand-mind connection in order to engage your subconscious mind in the magick. They also all involve *seeing* and *feeling* the changes that you are making to a given reality. You *see* energetic structures in your mind. You interact with them using your hands. You *feel* the alterations that you make with both your mind and your hands. And the more you *see* and *feel* differences in a reality that you have connected with, the more you *know* that those changes have been made. Lastly, the more you *know* that what you desired to modify has already been accomplished, the easier it is to *let go* of any need for those changes to be done! So the methodologies automatically lend toward the four basic steps of Mind Magic.

While you are utilizing different combinations of methods to make changes to a reality that you have tapped into, remember to bring your mind through these four basic steps. As you work your magick using the various methods and sub-methods, you will be altering how you *see* and *feel* the reality you are working with all throughout your session. While you can also *know* and *let go* of those changes during the session, toward the end is typically when you would move fully into those last two steps. Let's do a quick refresher of the four steps…

See

You first *see* whatever the current reality is and how you'd like it to change (your intention). With the Mind Magic methods, you are using a combination of your mind's eye and your hands to make a beautiful connection between

your conscious and subconscious minds. As you work the magick, what you *see* changes. For example, if you are using timeline magick, you may be *seeing* events in the past play out differently. How you are *seeing* the reality you have tapped into will change throughout your session. This is one of the ways you will know when you are done—it will be easy to *see* it as done!

Feel

As with *seeing*, you first get a *feel* for what you'd like to change. This is like *feeling* your intended modifications to a given reality. Your hands help you with this as well, as they are strongly linked to your subconscious mind—where your *feelings* are seated. As you work your magick, what you *feel* changes along the way. For example, let's say you are using timeline magick for a future event that you initially had a negative outlook toward. As you make changes to that event in the future, it *feels* differently. *Feelings* can keep changing throughout your session until the new reality that you *see* also *feels* as you desire it to. Again, this is another way to know when you are done—when it *feels* done.

Know

The *knowing* step is vitally important if you want to work powerful magick that changes reality quickly—and almost effortlessly! However, much of your magickal session may be working on getting you to this *knowing* state of mind. What you *see* and *feel* should progress along the way as you work your magick. The *knowing* may come at the end, or at significant breaking points in the session. For example, let's say you are working with a holographic representation of someone. You might make a number of changes, always *seeing* and *feeling* that those changes are getting closer and closer to the intended reality. As you finish up with that hologram, you may get to the point of *knowing* that those changes are done. Yet you may continue the session by moving into flowing energy or some other methodology. But there's nothing to stress about here if you don't get to that knowing point! Do you best to bring yourself to *know*, by the end of the session, that the reality has changed in the way you desired it to. In fact, one of the key benefits to working magick within a session is to continue to make changes in different ways with the end goal of getting your mind to *know* that those changes have been implemented. Once you are at a solid *knowing* state of mind, you are essentially done the magick!

Let Go

Letting go is, of course, another vital step that you ought to get to, at least by the time you are ending your magickal session. It may be easiest to *let go* once you are at the *knowing* state. After all, if you already *know* it has changed, there's nothing to hold onto any more! However, you may find it easier to *use* the step of *letting go* to get you more fully to the state of *knowing*. Allowing yourself to *let go* of any need for change helps to convince your subconscious mind that there *is no need for change*—because it has already changed! So these two steps can be used together to sort to "feed" each other. If you give this a try, you will see what I mean. Bring your mind to *know* that the change is done. If there is tension there, *let go* a bit. Then bring your mind back to the *knowing* point. See how it's easier?

An even better way to work your magickal sessions would be to *detach* from any need for change to occur from the very start. Staying *released* during all the changes you make with the methodologies can make it much easier to *see*, *feel*, and *know* that those changes are made! So don't worry about anything changing! I know this can be the hardest part of working magick. Truly I do—for we all like to hold on tightly to what we think and feel "must be." But if you can really *detach* and *not care* about anything changing while *at the same time* clearly *seeing* and *feeling* those changes into existence, this can be ultimately powerful! So just remember by the end of your session to *release* any tension, need, or attachment to changes happening, and just *let go* —fully and completely!

Having said all of that, don't let these four steps distract you from how you are utilizing the methodologies. All of the methods and sub-methods of Mind Magic are designed to incorporate the steps of *seeing* and *feeling* changes to a reality while working the magick. Get to where these can flow seamlessly—without much thinking about it! Follow the inspiration and guidance you receive about which methods and sub-methods to use. Modify whatever reality you have connected with in the way you see fit. It doesn't matter so much whether you follow the four main steps bit by bit as you work your magick or all at once at the end. The goal with your session is that when you are finished, you now *see*, *feel*, and *know* that the changes you have made are already in place—and you are *released* about it! When I follow the path to just change what I *see* and how I *feel* as I work magick, I'm basically building up my "knowledge" of the magick's completion. Then, once I have

fully observed that it's already done, any necessary *releasing* comes naturally. This feels like, "Ah, there's nothing left to do! It's already done. Awesome!" In this case, *letting go* is a cinch.

Sometimes, as you work magick, you might have situations you are altering that bring emotional issues to the surface. They were hidden before, but touching that reality with intentional magick has made them glaringly obvious. These may be your own emotional issues or things that you see in someone else. One of the most prominent types of your own issues you may find is a strong attachment to whatever it is you are "trying" to change. There's nothing saying that you can't pause your magick right there (when you recognize the problem) and take a minute or two to deal with it. You can, in the middle of your magickal session, use releasing techniques, such as the Sedona Method or EFT/Tapping—or simply use the destruction methodology—to eliminate those attachments. Releasing techniques will be discussed in detail in Chapter 15.

It is generally easier to release an issue right when it comes up in your face rather than having to bring it up again later. If you deal with it in the moment, then you can move on with your session more freely, without such interferences. Of course, if another block comes up, you can deal with that as well. I must admit that there are times I have worked magick within a session where I paused at nearly every step in order to let go of emotional issues about the changes I was making. Other times, if there aren't any blocks, I haven't bothered letting go of anything until the very end. It all depends on what comes up during your magickal session. You have stepped into truly modifying a particular reality. Don't be surprised if you find emotional issues to deal with along the way! No worries. You have the power to overcome any issues you find within yourself!

Other Morphic Fields

A "morphic field" is another name for a modality or a system of methods for purposefully bringing about a certain result. It is basically the energetic structure of a given set of "rules" in the Universe. I discussed this more in my first book. Mind Magic is a morphic field, but there are many, many others. In fact, there are morphic fields surrounding all kinds of things: belief

systems, religions, practices, superstitions, and entities (gods, angels, or other spirits). Each of these has it's own set of rules, beliefs, processes, practices, rituals, or whatever.

I realize that you—and many of my readers—may be "into" a number of other different modalities. Maybe you are a Reiki practitioner. Perhaps you are Wiccan, Druid, or pagan—or you might just practice eclectic witchcraft. Maybe you adhere to a certain religion, such as Christianity. Maybe you utilize Eastern practices, such as qi gong. Or perhaps you are into more traditional magick in which you call on ancient gods, angels, or other entities. I want you to know that Mind Magic plays well with virtually any other modality. What does this mean? It means that you can easily incorporate another practice right into your Mind Magic session! Let me give you some examples of this…

Let's say you are doing healing work on someone using Mind Magic within a magickal session. You do some timeline magick. Then you run some energy through certain parts of the person's body. Then the next thing you are inspired to do is use Reiki to heal something in this person. There's no reason you can't just insert a little Reiki session right into the middle of your magick! It's all moving energy, changing energy structures, and ultimately modifying reality. So why not? I used reflexology in combination with running energy to do healing work for years! Now I have a lot more tools to utilize, but I still occasionally press on spots on someone's foot and run energy from there up into the organ or area of the body where there is an issue. As long as it works to accomplish the purpose, I find it useful.

Let's say you're working a magickal session for manifesting money. In the middle of it, you decide to call on Archangel Metatron or Raziel. Go for it! There's nothing saying you can't insert that into your Mind Magic session, and then get back to using the key methodologies when you're done. If you're into sigil magick, you could create your sigil within a session. You could even create an energy sphere around your writing space and create the sigil within that. Or you might use flowing energy to tune into a space where just the right sigil comes to you easily. If you are into syncing or running qi (chi) energy, go ahead and insert that into your session if you feel so inclined. If you have spirit guides that direct you to do something during your session, you may want to follow their advice. You can pray, call on God or angels, chant affirmations, verbally state your wishes, or tap into whatever other

modality you feel is appropriate as you work within your magickal session. If you feel it is useful to accomplish your purpose and bring about your intent for changing the reality you're working with, go ahead and do it! As I have stated, Mind Magic will "play" well with any of these, as long as they are in a positive direction and aren't intended to create harm or mishap for anyone. I believe it can also be integrated into whatever your current belief system is.

The point of Mind Magic is to expand your versatility and flexibility to make changes to reality and to increase your power to do so—not at all to limit you to this modality alone! To insert a method from a different system, just pause in the middle of your session and carry out the other methodology. Of course, you aren't going to use the Mind Magic palette for these since they simply aren't there! But if you receive guidance or inspiration to insert something else into your session, don't hesitate. Just do it! And trust that all of your magick will work well together—as it all is moving you toward your intended purpose for the session anyway. In fact, incorporating an additional modality into your Mind Magic session might even improve it's outcome! It gives you another angle to work on the reality you are modifying, and the magickal session brings it all together neatly.

Since I've mentioned spiritual entities again in this section, I'd like to discuss them a bit more. I've been asked why I don't incorporate calling on angels or other spirits into my magick when most traditional magick involves such practices to either a greater or lesser degree. I understand the argument on the side of traditional magick that the spirit or entity both has the power to make the desired change and does the work for you. Here is my answer to it: First of all, I believe strongly that each of us has the ability to work powerful magick all on our own, so I don't feel a need to call on spirits. Secondly, there are plenty of magick books out there about calling on spirits, gods, or angels. I don't see the need for more of that. And third, I feel that while you can tap into powerful morphic fields for these angels and other entities, I would also caution you about imploring entities that might or might not do what you really want them to do.

So are these entities real or just imagined? I truly don't have an answer to this, but I'm happy to discuss it for a bit. If an entity is a real, self-existent being, then it may not want to do what you desire it to do. Perhaps you know how to command that entity just right. If so, that's fine. You can even incorporate that commanding into your magickal session. But what if an

entity is just a morphic field? That is, what if it is just a complex configuration of a quantum field that is created by all of those who helped form the set of "rules" around that entity? In such a case, maybe that entity always accomplishes a certain task when called upon and commanded in a certain way. It could be that the morphic field around that entity dictates the way it must behave. That's all good and well.

I don't get into arguments about which entities might or might not be "real." There's no way to concretely either prove or disprove their existence, so I don't see the point in the argument. Personally, I stay away from invoking unknown entities because I haven't had decent results from doing so. I find that other methodologies provide more control over changing reality. If you want to play around with calling on entities, that's your prerogative. Just be cautious about "who" you choose to invoke. Use your judgment and make your own decisions about this. Whatever you do, make your magick *yours*. The Universe isn't biased. An entity might be.

The Feedback Loop

The "Feedback Loop" in Mind Magic is a concept of tracking what you have just changed, checking to see if it matches up to the reality you have chosen (intended), and then deciding to either continue or stop. By utilizing the idea of the Feedback Loop, you can come to a level of *assurance* that your magical session is complete.

We have already discussed this idea of checking back with your original intention to see if the reality you are engaged with now appears to match that intention. If it does, then you can finish up the magick. And if it doesn't, you can choose another method and keep working on it. Now I would like to give you some more ideas of how you can use this concept of a Feedback Loop with the Universe so that you can more confidently determine when your magick is sufficiently complete.

The most direct way to create a Feedback Loop for your magick is to simply *observe* the reality you're modifying now that you've made some changes to it. Just relax back into that meditative state that you got yourself into at the start of your session (the theta brainwave state). Peer back into the energy field of the reality you are connected with as you did at the beginning. Does it

look different? Does it look as you desire it to look yet? If it still needs work, see *what else* is left that needs to be changed. Connect with that reality again and make another change. Then look at it again. Is it closer now? Is there *anything else* that needs to be changed? Do this in a cycle until you can *observe* that reality is clearly as you desire it to be (or close enough that you wish to be done working on it).

In some cases, you might find that you make changes to a reality, but afterward you don't see it as any different. You might see that the changes are either fading away or simply not there. Don't distress. Instead, calmly look for the reason behind it. It could be that there is something else that is maintaining the configuration of that energy field to stay the way it is. Look for the energy that's responsible. See if you can identify any blocks, issues, or other forces that are creating pressure to keep that reality a certain way. Identifying such things gives you a measure of power over them. You can then destroy them, delete them, move them out of the way, or modify them so that your magickal changes to that reality can slide into place more easily.

Another way to create a Feedback Loop within a magickal session is to come at an issue from multiple different angles or vantage points. That is, you make similar changes to a given reality using multiple different methods and sub-methods. This is an approach that I often use in a magickal session. For example, let's say you are working on a particular issue your friend is having. It might be an emotional difficulty of theirs. You have created a hologram for them and done a bit of work within that hologram. When you are finished with the holographic magick, you decide to continue to work on this friend using a timeline. Right away, you can use that timeline to check if things are *already* better for them. In other words, the hologram magick you did might have made their past (or future) timeline look different. This is an indirect Feedback Loop that helps you know when the magick is complete. You can then make some changes for this person along their timeline. Then you decide to use flowing energy. You connect your friend's hologram to a place where they are already doing or feeling better (in regard to whatever the issue was about). Since other magick has already been done with the hologram and a timeline, you will find it easier to tune into a place (with flowing energy) where they are *already* in a better condition.

By checking the results of one magickal methodology using another one, you are creating an indirect Feedback Loop that can help you see (overall) when

the magick is complete. When it's done, it should appear to be done no matter what method you check it with. This cross-checking can also help you to fine-tune your magick. For example, once you have finished making changes along a timeline, you go back and check the hologram again. The timeline changes may have been enough to "fix" the issue—but checking back with the hologram reveals some smaller things that you may also want to change. You can then use this feedback of information to work more with the hologram. Then let's say you check it with flowing energy, and you see that something is still a little off. So you make an adjustment there as well. This fine-tuning can improve the results of your magick. Since you have altered the reality in multiple ways and from different angles, expect the resolution to the issue to be more complete. You may have even resolved a related problem that you weren't even working on!

Another good use for Feedback Loops is when you are dealing with "layers" of changes. If you are working magick to change an issue that is deeply buried or has a complex series of root causes (a long history of cause and effect), you may find that you have to work magickal changes one layer at a time. Let's look again at that last example of a friend's emotional difficulty. When you first connect with it, you might see what needs to be done—and it may look simple. So you create a hologram and make some changes. But when you look for feedback by tuning back into the reality, you notice a deeper issue (or perhaps multiple) that need to be dealt with. So then you work some magick to modify those. Then you tune back in again and notice even deeper issues. You get the picture. Often, I find that working magick on a "problem" reveals its underlying causes. Then I can work on resolving those. Sometimes, there is a whole series of underlying problems, one after another. This is where magickal sessions can be extremely useful, as they give you a framework in which you can continue to work on an issue, receiving inspiration and guidance along the way, until you get to its root cause. And once you have uncovered that root cause, you can take charge over it and change it!

Emotional blocks can function in a similar fashion to root causes of issues. You can have a whole series of blocks, one built on the other. You might have worked some powerful timeline magick. Then you tune back into the reality and see that it isn't changed because of some emotional block. Typically, this will be glaringly obvious. So you use destruction energy and

get rid of that block. Looking at it again reveals that there is another block, so you destroy that one as well. You keep doing this, using a Feedback Loop for guidance, until you find no more. You have removed all the blocks! Sometimes, that's all you have to do to get the rest of the magick you worked to kick in. Removing energetic blockages like this can be the catalyst for those powerful shifts in reality that we discussed earlier. This can feel similar to *releasing* or *letting go* at the end of your magick.

So what happens if you use a Feedback Loop to determine that you're done, you finish up your magick, and then you later find that it didn't have the results you desired? Maybe the change that actually occurred was minor—not what you intended it to be! Everything is okay. Don't fret. Take this information as *feedback*, even though your session is long since done. Decide to glean whatever knowledge you can from the changes that *did* occur to that reality. See if you can determine if there are any blocks, any related forces or pressures that are influencing the reality, or any "links" to something (or someone) else that could be holding it in a certain pattern. You can go back to that magick later with more information in your hands. That information gives you power to make additional changes to that reality. Assuming that it's important enough to you, you can have another magickal session to make the additional modifications using the new knowledge that you have about the situation.

Now, I don't recommend that you work the same magick in magickal sessions over and over again. Mind Magic is not like traditional magick, affirmations, or other modalities where you have to do the same thing multiple times. With Mind Magic, you are altering reality directly. Sure, you might connect with a reality to change it multiple times, but each time your changes are different. You are gleaning what you can from the *feedback* of the changes you already made in order to make *even better* changes. I don't typically go back to the same magick multiple times, except in the case of long-term manifestations. Since such manifestations are brought about over a course of time, it can be appropriate to work magickal sessions to guide them as they come about. In such cases, each session will be a little different, as you will be examining what you have already changed and moving it forward toward your long-term goals, dreams, and desires. Each time you touch your goals with magick, you see that your reality is closer to those goals, thus boosting your confidence in moving forward!

What happens if you attempt to create or use a Feedback Loop, but you can't clearly perceive whether the changes are done or not? Don't worry about it! If you don't know when to be done, just quit when you no longer have the inspiration to use any more methods. Don't overthink this! Do what comes to you as long as it flows. Then you're done! Remember, your magickal session consists of utilizing the methodologies until you *feel* that the magick is complete. The reality you have engaged with has shifted away from the way it was to look more like your original intention. *Observe* that! Ideally, you will see that it looks *exactly* like your intention! Once you are sufficiently satisfied with the changes you see you have made within your magickal session, your purpose is complete.

Cleaning Up

After you get the feedback that the reality you have connected with is *already changed* and you can *see* and *feel* that clearly (that is, you *know* it), then finish up your magickal session. Remember to always *let go* of any desired changes to reality by the end of your session. Once you are at the *knowing* point, it should be easy to *release* any tension about that reality. Don't be surprised if that final release suddenly saps all of your energy. It may make you feel woozy, make you want to lie down, or even make you fall to the floor. Just go with it! Let those energetic shifts take their course. You've worked some powerful magick and then you've triggered a catalyst for it by letting go of it all! The Universe is now altering the quantum configuration of that reality for you. This is a good thing! Be grateful for that feeling, and bask in the beauty of that Universal Power. When you are ready, proceed with cleaning up your magickal session.

Cleaning up is relatively easy, but I first want to explain why you should do this. If you have followed what I've taught you, connected with a given reality, and used the methods to make changes to that reality, then there may be some strange energy left "hanging in the air" in or around your working space. You want to maintain control over the energy that you have shifted. This is responsible magick. If you leave that magickal energy just hanging around, it could affect other things that you didn't intend for it to. For example, if you made some powerful changes in a certain room, you left the energy hanging there, and then afterward someone comes waltzing into the

room unaware and steps right into your working space, what happens? I have no idea! But you will probably notice it—and your subconscious will notice it, too! It could therefore affect the magick you just worked.

So it's better to be responsible and clean up after your magick. Direct the energies that are left "lying around" so that they do what you intended them to do. This is a simple but important step. To some people, cleaning up their magickal space is extremely important, and they put a lot of effort into it. To others, not so much. I don't get all worked up about it. Nor do I spend much time on it. I recommend at least a little clean up effort after a magickal session (or any time that you have created a magickal working space). However, you can go "all out" and create some fancy cleanup routine if it makes you feel better. I have developed some simple ways to clean up quickly and effectively. I'll teach them to you. In fact, I've already taught them to you. I'm just going to review them here.

Make sure that you have "put away" any energetic structures that you created during your magick, unless it is specifically something that you feel doesn't need to be dealt with. Typically, you would be cleaning these structures up during your session, but not always. See the "Closing Sub-methods" listed in *Appendix A* for a reference to how to clean up energy structures of the various methodologies. If you have any energy spheres left hanging around, throw them away, dissolve them, shrink them, ignore them, or deal with them however you feel is appropriate. If you have a holographic structure still in your working space, step inside of it (if it's your hologram) or insert it back into the person (or object) it represents. If there is still a timeline floating there, collapse it and insert it back into whatever you pulled it out of—or simply let it fade away. Flowing energy and destruction don't typically have any cleaning up to be done—except for the traditional magick sub-method of destruction. If you have a destruction container (such as a triangle or square) still hanging about, be sure to delete or erase that container when you are finished with it. You don't want to leave a portal of destruction just hanging around!

When you are finished cleaning up any excess energy structures, you should clean up your working space itself. We've discussed this previously as well. If your space is spherical, you can expand it outward, allowing it to dissipate into the room (or into nature, if you are outside). You could collapse it down and swallow it like a pill. Or you can just bust through it, imagining that you

are bursting it like a bubble. It then just fades away. If your space is a cylinder, collapse it back into the floor and erase the circle, moving counter-clockwise to do so. Remember, you don't actually need to touch the floor to do this. Alternatively, you could pull the cylinder into yourself (if you'd like to absorb its energy), expand it outward into the room, or bust through its wall to simply dissolve it.

Cleaning up doesn't have to be a major event with any fanfare! Whether or not you want to make it a big event is up to you. If the magick you worked was on or for yourself, you might want to consume your magickal working space (assuming it has some good energy in it). If you don't feel inclined to swallow it, there's a more interesting alternative: collapse it down with your hands and insert it into one of your chakra points. When I work magick for self-improvement, I will often collapse my working space to about the size of a softball. Then I will insert it into either my heart chakra (representing my *feelings*) or my crown chakra (representing my *thoughts*). Sometimes I insert it into my third eye chakra with the purpose of more clearly "seeing" (in my mind's eye) the new reality I just created. This last act can even trigger another shift in reality—yes, even during the cleanup process!

When you are all done cleaning up, if you still feel like some weird magick is left hanging around, just brush it away with your hands or blow it away with your breath. It's not so important *how* you clean up your magickal session and working space. The important thing is that you *observe* that it's been cleaned up.

Moving On

Now that you are done your magickal session and you've cleaned up your working space, there's nothing else to do. So move on to something else in your day! Yes, just forget about the magick for now! Quit focusing on the reality that you were altering. You don't need to "look" at it any more! Go ahead and distract yourself with whatever else is going on in your life—work, family, projects, "to do" tasks. Or even just relax and go for a walk, enjoying the outdoors and the natural world! Remember what I explained to you about distracting your mind during a magickal session? Well, now that you're done, you can distract your mind with something else entirely—and you don't have

to return to focusing on the changes you already made!

In the background of your mind, your *intentions* for what you changed are still there. Your *feelings* about that new reality are still there. Your *knowledge* that it's already done is still there! And you've already *let go* of needing anything to change. So just move on! Allow yourself to stay in that feeling of satisfaction and fulfillment of the completion of the magick you have worked without any concern about it—without thoughts of wondering *how* it will happen. If you brought yourself to *feeling* and even *knowing* that it's already done, and you've truly released any attachment to that, then you don't need to wonder *how* it will be done—because it *already is so!*

You have worked the magick! You don't need to keep bringing your mind back to it. Why would you? Are you still *trying* to make it happen? When you finished up your magick, you stepped fully and completely into the new reality that you created. So stay there! With Mind Magic, you don't have to work the same magick over and over again, but you should *keep* your mind in the new reality that it has moved into. You *observed* it. *Keep observing it!* You are already living in that reality! *Act*, *feel*, and *be* as if you are already in it! There is no rule in the Universe that says that you can't decide that something is already done, regardless of whether or not what you see around you confirms that. A good part of what you "see" around you is just illusion anyway! The real energy that makes up any given reality can be instantly reconfigured into something else entirely. You know that! And you've already reconfigured it with the magick that you completed. Your subconscious mind *knows* it's done! So don't return to observing reality in the way it was before! The old way is gone. You have stepped into the new reality. Trust that!

Now I know that this is easier said than done. You may have worked some powerful magick that enabled you to *observe* some awesome changes in the world around you. Then you finish up your magick and return to the rest of your life. Since you aren't focusing on it anymore, it can be easy to relapse into seeing things the way they were before. After all, you've been *used to* seeing them that way. If you find yourself defaulting back to what you previously observed a reality to be, don't dismay! Just return your mind back to the *feelings* you had when you finished the magick that changed it. You don't need to do that magickal session all over again! Gently and calmly bring yourself through the four steps once more: *see* and *feel* the changes that

you made to that reality until you remember the feeling of *knowing* it has already changed. Lock your mind onto that *knowing*. Let it stay there for a few moments. And then completely *let go* of it again.

Yes, those four simple steps of Mind Magic are so powerful! They not only enable you to fixate on a new reality while you are working magick, but they can also quickly and easily bring you right back to the feelings you had when you worked that magick. Previously, your mind was *used to* seeing a given reality a certain way. But you can conquer that by bringing your mind back to *seeing* it the new way whenever you catch yourself "noticing" the old reality. Do this and you will get your subconscious *used to* observing that reality *the new way*. Depending on how large the shifts were that you made to a given reality, it may not take long to change your "default observation" to the new reality—to the way that you have modified it. And pretty soon, you may *forget* that you ever worked magick to change anything, since you are so *used to that new reality*. It's now commonplace. Magick!

Take Action When Inspired

Sure, some magick requires nothing more than the movement and reconfiguration of energy structures within a magickal session. At other times, you will find that at some point after your session you are prompted (in some way) to take action on certain things. This is an area that many people ignore when discussing magick. They think that true magick will just create the reality you desire without any other effort. Don't make the mistake of thinking that actions aren't necessary. They may not be—or they *could* be.

Remember, your magick has altered the energy structures in the Universe related to a given person, situation, issue, or whatever. If the magick works without any other intervention whatsoever, that's great. But consider that it may have simply altered the *flow* of that reality. Remember also that while time isn't important to create change, it is relevant to you and how you *perceive* reality. So your magick might simply put the necessary changes into motion—it gets energy flowing! The Universe will typically find the *path of least resistance* to bring about the changes you have instituted. And sometimes, that easiest path involves inspiring *you* to take action. You feel inspired somewhere along the way to *do something* that assists the flow of

energy that your magick created. Following through with that inspiration can quickly snap that new reality into place in your observed world.

Inspiration for action may come to you during your magick, immediately afterward, or at some point when you're not even thinking about it and you're least expecting it. It can even come in a dream or as your first waking thought in the morning. In some cases, the inspiration you receive will be the solution you were looking for, and you will realize that it is the result of magick that you worked. In other cases, you may be inspired to do something—you may even feel compelled to do it—and you don't even realize that it was the result of your magick! You may have even forgotten that you worked the magick to begin with. Later on, it may strike you as an obvious result of energy that you moved around in a magickal session you did. This can create one of those "Wow!" moments. I love those!

So when inspiration comes to you, take note of it! Write it down, record it, act on it—*do something* about it! I always try to write down inspiration quickly when it hits me. I generally have my phone with me, and I have a note where I can write down any inspiration that comes at any time. I've learned that not writing it down can result in that idea disappearing. Then I have to wait until the inspiration returns, assuming that it does. It usually does, but don't risk that! If the Universe is speaking to you, giving you direction on what to do to make your life and the reality you experience more like what you decided it should be, take note of it and act on that!

The path that the Universe takes to bring about your magickal changes to a reality is not consistent either. Sometimes, your results may be immediate. Other times, the magick may simply trigger a whole sequence of events (it becomes a *cause* to a bunch of *effects*). Consider healing, for example. One time, you work magick for someone and they are healed right away. Another time, you work similar magick and the person is inspired to change things in their environment. Maybe it's improving their diet, maybe it's removing toxins or reducing stress, or maybe it's discontinuing those damn pills they're taking! The end result is that they are also healed, and that's the important part.

This brings me to another point I'd like to make here. When you work magick, the Universe isn't limited to bringing inspiration to only *you*—not by any means! It can certainly influence others to make changes as well. And the

magick doesn't even have to involve those other people! In fact, I have often worked magick for something I desired to modify in my life. Then I find that mysteriously other people take actions that surprise me. And the result of their actions is that what I desired to change gets accomplished. So stay open to possibilities! You won't see all the possible ways that the outcome you desire can come about. The Universe does "see" it—or at least, it seems to *know* the easiest way to bring things about. What *happens* as a result of your magick can be mysterious or bizarre. And it can surprise you or even shock you at times!

A caution here: don't try to force inspiration! It will come to you. That's what inspiration is. You don't need to look for it. If you have an amazing idea that feels inspired, by all means, go with it! If not, that's okay. It could be that nothing else is required. Just trust and let it go. The point here is that if you do receive inspiration to act after you have worked magick, pay attention to it! Examine it, write it down, decide if you should act on it. True inspiration will feel good when you think about acting upon it. It will feel *right*. It will be clear. If you can clearly see how the inspired idea could lead toward the fulfillment of some magick that you worked, then it probably will. So go for it!

Acceptance Of Results

One last thing I want to discuss with you about magickal sessions is accepting the results that you get from those sessions. It may not always be what you wanted it to be. For example, if you did a session for yourself in which you made magickal changes for your job situation, or maybe even moved yourself into a new career, you have put yourself on that *path of change*. Trust that. If you suddenly get laid off from your job, don't freak out! Stay on the *path* that you put yourself on and keep trusting. Something changed related to the area you were working on. This is most likely a result of your magick. Just because it doesn't yet look like what you created, don't give up on it! Stay open to further change. Losing your job may have been the fastest way to get you there! You may soon find that you are working another job (or even another career) that matches those magickal changes that you previously made.

My counsel to you is that you *decide* that you're not going to get upset by any magickal results that you receive. Don't fear that something "bad" might happen. Such fear can just add that negative energy into your magick. Deciding that you will accept the results you get in advance is a powerful mindset that will generally influence those results to be things you appreciate and love. But regardless of whether you *perceive* the results of your magick as "good" or "bad," accept them. Claim them. Own them.

Your magick doesn't have to work perfectly 100% of the time. If the changes that occurred weren't really what you wanted, then take a good look at your inner mind. See if your *feelings*—your *observation* of things—could have triggered those changes to occur. Every result you get from magick is a learning experience. Treat it as such. You worked magick and then something happened! Isn't that awesome? You bet it is! Okay, maybe it wasn't *exactly* what you wanted. So analyze it! Poor results are not because the methods failed. They are because as humans we don't see all the integral parts of the whole picture. Hidden energies may be at work that caused things to turn out a certain way. Figure out what blocks, issues, or hidden observations existed within your mind that pushed the magick to bring about the results that it did. Or find out what other forces or energies were at work that moved it in that direction. This is the ultimate Feedback Loop! What an opportunity to learn and grow! Consider also that only part of the magickal changes may have come about. The rest may be yet to come. In any case, stay calm and move forward.

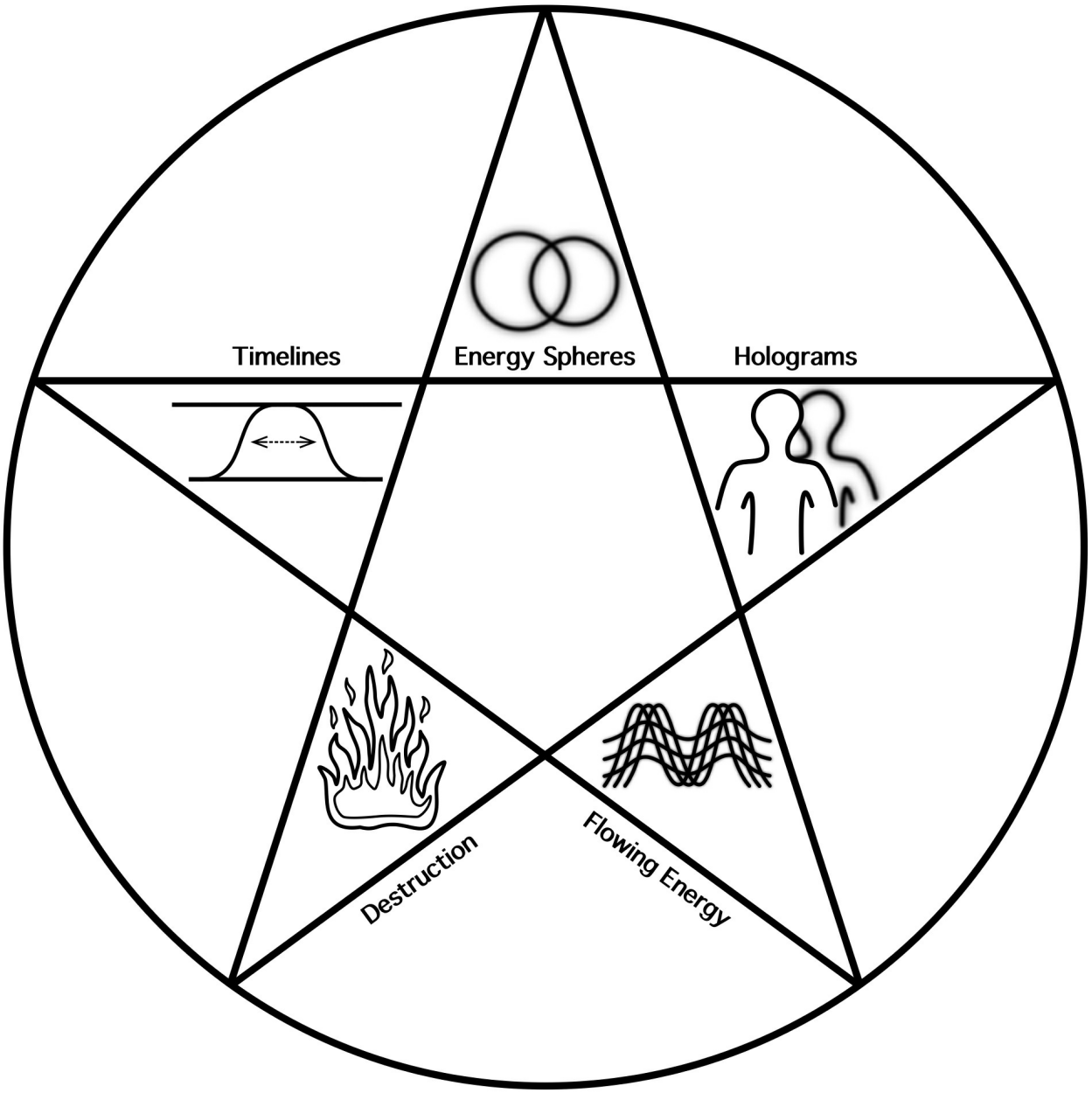
Now, when I say to *accept* the results that you get, I don't mean that you must accept them as the permanent reality that you have to live with from now on. I mean accept them as the result of the magick that you worked—and do so gratefully! Thank God, the Universe, the All, or even Yourself for the changes that came about as a result of your own powerful magick! Rejoice in your results! Be grateful for the fact that you made modifications to reality using only your mind (and your hands). This gratitude only *increases* your power. Yes, be grateful even if your results weren't right at all!

Remember, you can always accept what modifications were made to a reality. Then you can build another magickal session based on where things are now in order to shift that reality closer to what you intended to begin with—or even better! Give thanks for the changes that occurred and go at it again from

another angle! I believe in the mantra of *accepting* the things you cannot change and *changing* the things you cannot accept. Read that again. Yes, I switched that old adage around! There are no limits to what you can alter in a given reality. Such limitations are only in your mind!

In general, I am very pleased with the results of my magickal sessions. I expect that you will be, too. The more you practice it, the better you will become at creating your reality at will. Magick is much like everything else in life. Practice makes perfect. What you get out of your magickal sessions will correspond quite well to what you put into them. The cool thing about Mind Magic is that it doesn't take a lot of effort—at least, that effort is mostly in your mind!

Now, for the practice, the next chapter will take you through an entire example magickal session from start to finish. It will help you see how to bring together all of the knowledge you've learned so far in this book so that you can make practical use of it!


Timelines
Energy Spheres
Holograms
Destruction
Flowing Energy

13. AN EXAMPLE MAGICKAL SESSION

> *Everything has been created twice, once on a mental plane and once on a physical plane.*
>
> —Bob Proctor

Summary Of The Mind Magic Session

Remember that you can always work simple magick using the Mind Magic methodologies without having to conduct a full-blown session. To just work some quick magick, choose a method and use it. If, however, you want to put a lot of focus into making some significant shifts to a certain reality, you may want to wrap that magick up in a magickal session. Here is a summary of the various "phases" of a Mind Magic session. I'm calling these *phases* instead of *steps* because they aren't really a set of sequential steps to be followed. They don't have to be done exactly in this order, and some of them don't have to be done at all. You can skip clearing your space and setting your intention, for example. And you don't have to use a Feedback Loop every time you conduct a session. However you decide to carry out your magickal session, here is a summary of the various phases you may choose to move through:

1. **Clear the space**, both physically and energetically, in which you will conduct your magickal session.

2. **Shift your state of consciousness** into a meditative, theta-brainwave state—or at least relax and focus your mind.

3. **Create your working space**, adding extra protection if you feel it is necessary.

4. **Set your intention**, clarify it, and then *set it aside*.

5. **Bring up the Mind Magic palette** and position it in your working space so that you can easily access it.

6. **Utilize the methodologies in a cycle** until the magick *looks* and *feels* complete:

   a. **Choose the method or methods to use** from the palette.

   b. **Carry out the magick** with your chosen method or methods, *seeing* and *feeling* the results of your magick.

   c. **Connect with other modalities** (morphic fields), if you choose, following their methods within your session.

   d. **Check back in with the reality** you are engaged with and/or with your original intention (the Feedback Loop).

   e. **Check your changes with a different method** or from another angle to verify if those changes are complete.

   f. **If the changes are complete**, move on to closing your session. If not, repeat this cycle again.

7. **Bring your mind through the foundation steps** of Mind Magic. *Seeing* and *feeling* the changes you made throughout your session bring you to *knowing* and *letting go* of them toward the end (or at various breaking points).

8. **Clean up your working space**, including any stray energy structures that ought to be "put away."

9. **Forget about the magick and move on**, stepping fully into the new reality and trusting that it's firmly in place.

10. **Take inspired action** if and when such inspiration comes.

11. **Accept the results of your magick**, whatever they may be.

You can always conduct abbreviated magickal sessions if you need to (in the interest of time) by eliminating certain phases of your session. For example, you might work magick in a brief session in which you know you are only going to use timeline magick. So you decide to create your working space, alter your state of consciousness, do the timeline magick, and then close and clean up your space. Magickal sessions are really flexible. Make them what you want them to be!

Now that we've reviewed all the components of a magickal session, the rest

of this chapter is devoted to giving you a detailed example of a complete Mind Magic session. I'm writing this in first person (speaking from my perspective) so that you can get a glimpse of the inner workings of my mind as I conduct an entire session from the beginning of its preparation through cleaning it up and beyond. I think this detailed "inner look" at how a session *feels* will help your mind to more clearly grasp how to bring together all of the things I've taught you so far in this book.

For this session, I'm choosing a hypothetical example of healing another person of a physical condition. I could have given an example of self-improvement work, self-healing, or even manifestation, but I felt that healing work would be a common use of this magick. This type of example also allows me to more easily utilize all of the key methodologies (including some good combinations of methods), the Feedback Loop, and other aspects of magickal sessions that wouldn't be as easy to demonstrate with self-work or manifestation magick. Since the individual isn't present, it also invites me to bring holograms into the mix. In this example, I will be working on healing a long-term stomach issue in my subject. Okay, let's get right into it…

Prepare For The Session

What I know going into it…

This person's "issue" has caused him recurring stomach pain and other related digestive problems on and off for a few years. He has seen doctors and taken medications, but has not been able to resolve the condition. He is occasionally doubled over in pain for up to a few hours. He has complained of other "digestive upset," but has not disclosed exactly what that means. That's okay. I don't need to know the details. And I'm not a doctor, so I won't necessarily understand exactly what's going on in this person's body. I don't need to know that, either. Knowing that something is causing him recurring stomach pain and discomfort is enough. I could ask him questions like, "When does this happen?" or "Does it occur after you eat certain foods?" But in this case, I'm going to start with just the little bit of information I have. I'll let the magick and my intuition guide me toward a solution.

First, I'm going to choose and clear the physical space in which I will work

this magick. In my case, I go to my home office, shut and lock the door, and move a couple of chairs out of the way. There is now enough space on the floor to create a working space of sufficient size. I don't feel that there is any need to clear negative energies out of the area. My space is cleared and *feels* ready to work in. The room is private and quiet. I am ready.

Next, I will take a few moments to alter my state of consciousness to one in which I will be more relaxed, more open to guidance and inspiration, and more tuned in to magick. I stand in the open space I have cleared, and I choose the "All-Seeing Eye" method of altering my mental state. (You can refer to *Appendix B: Altering Your State of Consciousness* for a refresher of these methods.)

I reach up and touch the center of my forehead (third eye chakra point) with the middle finger of my right hand. It is like I am pushing a button. I close my eyes as I "push" it. I feel my legs and arms begin to relax instantly (probably because I am so used to this). I am now seeing from one large eye in my forehead. I let go with my right hand. As my hand slowly drops down in front of me, I visualize that one large eye moving down with it and I keep its focus on my hand. Both my hand and my visualized third eye move down to about the center of my chest. My hand relaxes and falls to my side as my eye begins to turn and look at the room around me.

I swirl that third eye around and glance at my office (from the perspective of the center of my chest) in all directions as it spins. I spin it around a few times, "seeing" out into the hallway behind me, out of the window in front of me, then further out past the yard. In less than a minute, I see the street and the neighbors' homes around me from the vantage point of my upstairs office —then the mountains past those. Since my physical eyes are still closed, I almost lose my balance. I adjust and stay standing, allowing my mind to keep "seeing" far out around me.

This exercise has shifted my state of consciousness quickly and effectively. I feel completely relaxed (although still standing). My mind is clear. It was last focusing on images of my neighborhood and the surrounding hills, and now it's basically focused on nothing. Everything else has faded away for the time being. I am ready to create my working space and work some magick!

Begin The Session

To create my magickal working space, I will use the "Grow a Sphere" sub-method with a little twist. I open my eyes and reach both hands to that spot in the center of my chest where my third eye is (where I visualized it). I imagine wrapping that spot in a small sphere and pulling it out of my chest. I take a couple steps back as I do this. I reach my hands out toward the center of my designated working space, spreading them apart as I do so. I see this sphere growing larger and larger. Being created from my third eye, it is like I am "seeing" the sphere into existence. I expand it all the way out until my hands are spread wide, taking a couple more steps backward to make room for it. It is now at least seven feet wide and seven feet high. It looks like a white electrical sphere of energy. It's not a perfectly-shaped sphere. Even it's surface is imperfect as it glows and vibrates. The sphere penetrates a bit into some furniture that is in the way and a little into the floor. All of this is just fine.

Proceeding with my hands, I step into the sphere I have created. I feel myself penetrating through the wall of it as if I just entered a large bubble. I stand right in the center (as close as I can tell) of that bubble. I am now within my magickal working space. Just to get a feel for how much space I have to work with, I reach my hands out to my sides as far as I can. I can feel the inner surface of the sphere's walls. I reach above my head. I cannot even touch it there, as it's slightly out of my reach—almost to the ceiling.

I am now ready to clarify my intention with this healing session. I visualize the person I am about to work on in a state of complete healing. That is, I see him comfortable and carefree. His stomach and digestive system are happy and healthy. He doesn't even notice it any more! I clarify this image in my mind for just a few moments. The image is right in front of me. With my intention clear, I reach out with both hands and grab that image. Quickly and rather carelessly, I move it way up and to my left in my working space. I take my focus off of that image, telling myself that I'm moving it aside so that I can just forget about it (for now). This helps me feel like there is no need to do anything! There is no requirement for this magick. Nothing has to change! I will start out from this place and work with what I see.

Next, I bring up the Mind Magic palette. You can use the one at the

beginning of this chapter, copy it, or print it off of my website (when it is available). You may also want to have handy a copy of *Appendix A: Table of Mind Magic Methods*. You have my permission to copy that one as well. For my example session, I bring up the mental image of the palette positioned just below heart-level off to my left, where my hand can easily reach it.

Carry Out The Magick

Now I am ready to work the magick.

I pause and look at the energetic template of the palette off to my left. My mind is relaxed and my focus is *soft*. It is like I am gently inquiring about which methodology I should use, open to receiving an answer. Immediately, in my mind's eye, the symbol for timelines lights up with a bluish glow. Without hesitation, I reach out and touch that symbol on the palette, deciding that I will follow this impulse and first create a timeline for the individual I am working on. Since he is not present with me, I simply bring up an image of him in my mind and see where that picture is located. I "see" the image at about eye-level and a little to the right. I reach out and touch it with my right hand. Incidentally, I notice clearly that the picture of this person does have the issue I am working on. In fact, the image is flickering intermittently with one of him doubled over in pain. I am observing this automatically. This is probably because my subconscious knows that this is the "problem" I am addressing.

With my right hand on that image, I bring my left hand to it. I "bore into" the image a little with my left hand to get a grasp of whatever the "problem" is. I then pull out a timeline for that issue. Bringing my left hand directly in front of me at about chest-level, I bring my other hand to join it. Then, while pulling my hands apart, I see a timeline for this person form in front of me. The timeline is infinite. It can go backward or forward in time as far as necessary. I can easily change the scale however I need to in order to keep this timeline within my working space. Initially, however, the timeline *feels* like it covers a few years—both into the past and into the future.

Instinctively, I know that something happened a few years ago that was the initial cause of this stomach ailment. I touch my left hand to the center point of the timeline (in the present) and lock it onto that "track." I begin slowly

sliding my hand to the left. It is like I am *looking* through years of this person's life, as related to his stomach issue. Every few inches is another year. My mental focus is *soft* here—that is, I am allowing myself to "see" whatever comes to mind as I slide backward along this timeline. The first few years look sort of like a blur. I don't know the individual, so I don't know much about his past. But as I get to about five years back, I get a sense of a strong energy field. It is like my hand is *feeling out* where the beginning of the problem was—because that's what I was *looking* for. I take note of this and begin moving my hand more slowly through my subject's past. The scale of the timeline has changed so that every inch is about a week.

I am looking more closely at the timeline now. I can feel that something happened back then. It could be that a new food was introduced, a food allergy was created, or a new medication was taken. I can't tell what it is, but I can *feel* something. I don't need to know exactly what happened. I keep sliding my left hand very slowly along the timeline to the point just before I see the shift in energy. As soon as I can clearly *see* and *feel* that I'm before that change (in the person's energy field, which the timeline is revealing), I stop my left hand at that position. Not even knowing what happened back then, I ask myself, "What if that *didn't* happen?" And I create a branched timeline as the answer to that question. It angles up a bit and then flattens out, parallel to the original timeline and just a little above it. I then proceed to slide my left hand along this new timeline (to the right) until it feels sufficiently past where the original cause of the issue was. Then I stop there.

To alter the energy, I place my right hand on the center of the original timeline (the present) and connect the two points. A jolt of energy shoots from that past point on the alternate timeline (left hand) to the present on the original timeline (right hand). I allow myself to *feel* the shift that occurs. Just after this, I decide I want to check it. I put my left hand back on the center spot of the original timeline (the present) and slide it once again into the past. I move straight back to that point about five years ago. I can still feel something there, although it has shifted a little. That is, it *feels* a little *different*. I immediately decide to hit it with another timeline sub-method. I will "delete" the initial cause of the issue.

To carry this out, I move my left hand slightly before that position on the timeline where I *see* and *feel* the original cause of the problem. When I get to a "clean" spot on the timeline (before the issue), I grab that with my left hand

and hold it firmly. Bringing my right hand to the same position, I slide it to the right (forward in time), moving through the original cause of the problem and a bit past it. In this case, I move quite a bit past it (it maybe represents a few months). I'm not quite sure why. I'm just following what I *feel*. It could be that the issue took a few months to set in. When I find a point that feels sufficiently past the onset of the issue, I grasp that spot firmly with my right hand. Next, quite suddenly, I quickly jerk my two hands apart. As I do so, I see the space between those two points on the timeline "poof" into a cloud of smoke, at the same time *feeling* that I am erasing the original cause of any perceived "problem." It's gone! In the physical, I nearly lose my balance when this happens, for I feel a significant energetic shift!

When the smoke clears, that space on the timeline has been replaced with something that looks *different*. Placing my left hand back at the Present Moment again, I slide quickly back to that section of the timeline—about five years into the past. It all looks *very different* now—much better! However, I still notice that there is a "bump" there along the timeline. So I realize that it's not completely resolved. That's okay.

I feel satisfied with the timeline magick I have done, so I look back at the Mind Magic palette again, relaxing my focus to allow my mind to perceive any further guidance. Holograms lights up next, this time in black. I'm not sure why it's black, but I take the signal and go with it. With my left hand, I reach out and touch the energetic symbol of holograms on the palette. I will next create a hologram for the person I'm working on in much the same way that I created the timeline. I first visualize the individual in my mind. I now see an image of them a little further to the right than I did the first time. It's no surprise that it has moved, since I've already made some changes.

I will create the hologram from this picture of the individual. To do so, I touch that area of my working space (where I see it in my mind's eye) with both of my hands. I touch my fingers together over the person's head, form a hologram around the mental image of my subject, and complete it by touching my fingers together under his feet. At first, the hologram is small—only about five or six inches tall. So I pull it out of that space with both hands and bring it right in front of me, in the center of my working space. Pulling my hands apart, I expand that hologram until it is about life-sized. I see it there in front of me, glowing blue and hovering about an inch over the floor. I notice that it actually looks more like it's only about 90% life-sized. That's

fine. It's just an energetic representation of the person I am working on healing. I can work with it whatever size it is.

The person's hologram is facing me. I look at it with that same *soft* focus. The first thing I notice is that there is a black swirling vortex in his stomach. It's like a dark cloud of energy, spinning counter-clockwise. It's a good eight inches wide. This is an obvious problem! It may even explain why the holograms symbol was indicated to me in black. I automatically know that I must deal with this black cloud, as that obviously represents the "issue" at hand.

This is easy! I have ways to deal with this. This issue has made itself clearly known, so it is vulnerable. It's very existence is now at risk! With both hands, I reach out toward that dark cloud and wrap it in a sphere of energy. The energy sphere is a bright blue. It completely encompasses the cloud, as it is a little larger. And it powerfully seals it in! The color of the energy sphere darkens (in my mind's eye) to a dark blue, as it now contains a black cloud of negative energy. Seeing that the cloud is now fully contained, I leave it there for a moment.

Next, I decide to create a destruction chamber using the "Traditional Magick" sub-method. I point two fingers of my left hand, and I see red fire energy in the tips of them. Pointing these fingers down at the floor to my left, I imagine they are shooting out a red stream of fire-like energy. With this, I draw the shape of a triangle, starting at the top and moving in clockwise fashion. When the triangle is complete, it roars to life. It is a portal of destruction with a glow of red projecting from it!

I turn back toward the hologram in front of me. There is the energy sphere, glowing dark blue as it contains the black cloud. I reach out with both hands and grab it firmly. I pull it out of the hologram and move it up and to my left. I am paying attention to the energy sphere, but for a moment I glance back at the hologram and notice that the black cloud is gone from its stomach. I now have the energy sphere to my left at about chest-level. It looks a little large to enter through the triangular portal, so I shrink it down with my hands—just a little. All of the dark energy gets condensed as it shrinks.

Now I raise that sphere a little higher and then toss it down toward the triangle on the floor. Note here that the destruction portal I made is actually *outside* of my working space. Since my working space is spherical, I can see

that it's surface curves just over that spot on the floor. So, as I throw the energy sphere into the portal, I am throwing it out of my working space and straight into that triangle of destruction. My hands do not leave my working space in this case, although they could if I needed them to. I watch that energy sphere fall through the portal and get dismantled by some other-worldly fire.

It occurs to me that there might be other energetic structures within the hologram that I want to destroy, so I leave the destruction portal open there, just outside of my working space.

Looking back at the hologram, I examine it to see if I can perceive anything else that I should do. I reach into that hologram with my left hand, "scanning" it for any other related issue. I reach into its stomach. All looks fairly good there now. So I reach into its chest, heart, and up into its head. I notice immediately a sensation of pain in the head. Pain is registered in the brain, so it could indicate that. Or it could denote a memory of pain, such as trauma about it that is in the mind. Either way, I choose to get rid of it. I wrap that pain up in an energy sphere pretty easily, pull it out, and cast it out into the triangular portal.

I keep scanning the hologram. I don't notice anything significant in the chest and heart area. I move down to the digestive organs. Ah, yes! There is some negative energy there. It's not as dark, but I can see that it runs from the stomach downward. Using both hands, I wrap that energy structure in a sphere. It actually comes out looking pill-shaped. Maybe this simply indicates the shape of the area that was having the issue—or maybe it's an indication of medication being part of the cause of the issue. I can't tell. I just throw that pill-shaped energetic structure, containing all of that negative energy, into the portal.

Scanning the hologram further doesn't reveal anything else to me, so I move on. My attention goes once more to the energetic palette of methods that's still floating off to my left. My mind is on the question, "Is there anything else I should do?" And it is *completely open* to the answer. Suddenly, three symbols of the methods light up at once: timelines (this time it's yellow), holograms (still in black), and flowing energy (in electric blue). The feeling I get with this is that I am to combine flowing energy with the existing timeline and hologram that I have already created. So I reach out and touch the

flowing energy symbol.

At first, I'm not sure what I'm going to do with this. It seems like it might be too much information at once. But it's not. The obvious thing is to put the hologram on the timeline, so I will do that and see what else might come to me. Placing both hands on the sides of the hologram, I collapse it down easily to a small size. I move my hands as I do this, ending up with them above the head and below the feet of the hologram. I have shrunk it back down to about four or five inches high.

The timeline I created is still hovering in the center of my space where I left it. I place the hologram onto that timeline, at the Present Moment, and feel it "click" onto that track. At this point, I still don't feel any inspiration to do anything in particular. That's okay. Doing what seems the next logical thing, I slide that hologram back in time (to the left). When I get it to that area of the timeline about five years ago, I notice two things at once: First, there is that *strong feeling* of the source of the issue that I had the first time I moved down the timeline. Second, a little black swirling energy cloud has suddenly appeared in the hologram's stomach! I now feel inspired to hold it at that spot (which I wouldn't normally do) and utilize the method of flowing energy. While holding the hologram at that place where the issue first occurred—when the black swirl first came into its stomach—I suddenly know what to do! With my right hand, I will tune into a place where the hologram looks "all better." As I raise my right hand to do so, I wonder what it should look like.

Then I remember the intention I set at the start, an image of which I left (and nearly forgot about) up in the left "corner" of my working space. I look back up at that intention now. I see clearly a picture of the person I've been working on living comfortably and happily, without even acknowledging that there ever was a "problem." I let that image get burned into my mind for a few moments, and then I direct my attention to my right hand. With that hand, I search through the areas off to the right within my working space. What I'm looking for is a place where the *energy* of that original intention exists—that is, where it resonates. I'm looking to the right because it just seems like it will be off to my right—maybe because it's a future state.

Within a few moments, I find a place with my right hand that resonates with my original intention. This spot gives me a feeling that there my intention is

already fulfilled—that is, the energetic structure for that fulfillment *already exists* at that location in my working space. I connect this place (right hand) to the hologram on the timeline (left hand) and begin a flow of energy from the right to the left. This looks like a blue wave of energy undulating as it moves from my right hand to my left hand. Note that I am combining all three methodologies here without much additional thought.

As the energy flows, within a few seconds, I notice that the little black swirl disappears from the tiny hologram. At the same time, the hologram is pushed back a little further to the left down the timeline. I feel this push coming from the pulsating energy, so I allow my left hand to slide back along the timeline with the hologram. At first, I'm not quite sure why I'm seeing it this way. But I go with it! The hologram appears to have been "cured" while at the same time being pushed back before the issue ever occurred in the first place. This new twist inspires me with another idea. It's the next thing to do, and it's obvious now!

Starting with my left hand on that hologram (which is on the timeline), I decide to make a new branch off of that timeline right at that point. It shoots upward and then flattens out to create a parallel timeline to the original. With my left hand, I slide the hologram up that angled path to the new timeline. Then I begin sliding it to the right along that timeline. It feels like it moves freely, so I just keep sliding it forward, all the way back to the Present Moment. I can see that the hologram still looks "good"—that is, the original issue isn't in it any more. It's gone and it remains gone! I bring that hologram all the way to the present on the alternate timeline, which is just above the present on the original timeline.

Now all I feel I have to do is move that hologram down to the original timeline. So, I take my right hand and position it just below my left hand, in the center of the original timeline. With one quick jerk, I pop the hologram off of the alternate timeline and onto the original one. Now I can see that the hologram looks "normal" (no issue) at the Present Moment of the original timeline. It stays looking good after this shift, and it feels fairly complete. I decide that it's time to insert that hologram back into the person it represents.

With my right hand, I pull it off of the timeline and move it toward the place that I created it from (the image of the person). Only that image is a little different now, and it's in a slightly different place. That's fine. That's

because I made some changes to this person's reality. I look at where I now see the image to be in my mind's eye, and I insert that hologram back into the picture of that individual. I *see* the changes being implemented and *feel* the joy of all of that beautiful energy being copied back into the real person. That feels so good!

As you can see from this example so far, the hand-mind connection is such a vital part of working Mind Magic that it is used in virtually everything I do. It links the subconscious and conscious minds together as a powerful catalyst for magick! However, don't get too caught up in just going through the motions of the activities themselves! The real magick is worked by your *observance* of reality shifting, thus collapsing waves of possibilities in the configuration of the matter and energy around you. That is what shifts reality. All you are really doing here with all of these methods is working with structures that enables you to shift your *observation* through deliberate realization of reality being a different way than you had previously thought. These structures, and the hand-mind connection that they employ, are of utmost importance, because they provide a *repeatable* means by which you can work similar magick over and over again. Just remember that it's your *deep feelings*—with which you are *observing* reality—that are most important!

Finish The Session

Before I finish up this magickal session, I'm going to check for feedback. I'm sure you noticed that I received feedback during the process of this magickal example a few times already. But let's do some direct checking of the feedback just to be sure.

I bring up again the image of the person I've been working on in my mind. I see it in the same place where I inserted the hologram a moment ago. I touch that space with my right hand. Now I look back at the intention I set at the start. It's still up there on the left. I reach up with my left hand and bring the energy (or image) of that intention down. I hold that in my left hand. I can now easily glance back and forth between my left and right hands. I see that the two images (or energy structures) look almost identical now. That is, what I perceive to be the current state of my subject matches my intention for

them. They are happy, healthy, comfortable, and don't even notice an "issue" any more! (If you recall, that was part of my original intention.)

I decide to do some indirect checking of feedback as well. To do this, I pull a new timeline out of the image of the person that my right hand is touching. I stretch out this new timeline just above the existing (original) timeline that is still in my working space. I take an initial look at this timeline to see if it seems like it matches what I intended. I scan along it quickly about five years into the past. It looks fine! In fact, it looks just like the alternate timeline that I created and slid the hologram down. So I collapse that timeline again and insert it back into the individual.

While I was checking the feedback with the new timeline, I noticed that the old timeline still had negative "stuff" in it, as it didn't match the new one. So I'm making note of this for when I go to clean up that timeline. For now, I'm going to focus for a few moments on how my picture of the individual I've been working on now matches my original intention for them. This is beautiful! I've been *seeing* and *feeling* the changes that I've made all along. Now it's sinking into a knowledge. I *know* it's changed! I allow myself to know it deeply and fully. If any thought is in the way of this *knowing*, I just brush it away. I *know* things have changed. And since they have, I can freely and easily *let go* of any tension I have about it. I fully *realize* that nothing has to change. Everything is okay. In fact, it's fantastic! I *observe* this. It's already done, so why would anything have to be different? I take a deep breath and then breathe out loudly as I completely *let go*, allowing it to "be" as it is—just as I *see* it.

Cleaning Up And Moving On

Now for the cleaning up! I still have a timeline in my working space and a destruction portal just outside of it.

Usually, I would insert a timeline back into what I created it from. In this case, however, I already inserted a modified hologram back into my subject. It seems like the timeline still has the "issue" along it, so I won't insert that into the person. Instead, I collapse it between my hands and then "poof" it out of existence as I cup my hands together.

I also remember that I never finished up with the destruction portal I was

using. Whatever energy was put in there is probably thoroughly decomposed by now, but I will certainly clean it up! First, I fling my hand at it and imagine an explosion occurring within the portal. It destroys any remnant of the energies that it contained. And since the explosion is on the other side of the portal, nothing emerges from it on this side. However, the portal itself is still there. Reaching out with my left hand, I make an erasing motion with my fingers, erasing the glowing triangle in a counter-clockwise direction until it is gone.

Once that is all done, the only thing left to clean up is my working space itself. I've decided that I will make no big deal of this today. I exit my working space with my hands in front of me, pressing firmly through its surface. *Pop!* It bursts around me like a giant bubble. I watch the many fragments of it sparkle as they settle to the floor. Shortly thereafter, they fade away.

I can now just forget about the magick and move on with my day. If any inspiration comes to me later as a result of this magick, I will act upon it. Since it was healing work for someone else, in all likelihood the inspiration will come (if any is even required) to the one who was healed. If I had a close relationship with that person, then I might get inspiration that I could share with them.

I realize that external changes may be required for this magick to take full effect. Perhaps something needs to change in the person's diet or they need to stop taking a certain medication or stop eating a certain food. As a practitioner of magick, this is not really my concern. My job is to trust the Universe that whatever needs to happen in order for the magick to come to fruition will happen. I have done my job. I will carry out any inspired action that comes to me. And I will trust that any other necessary condition will be met by some other means.

In addition, I will fully accept the results of my magick. I realize and understand that just because I made changes to all of the energetic structures around this situation and saw that those changes are already done *now*, this does not mean that it won't take time for reality to "catch up" to what I have just changed. This is okay, and I am completely fine with it taking the time that it needs to come about fully. Again, *trust* is the key factor here—*trusting* and *letting go!*

PART IV: LEVELING UP

14. SUPERCHARGING YOUR MAGICK

Your vision will become clear only when you can look into your own heart.
Who looks outside, dreams;
who looks inside, awakes.
—Carl Jung

Strategies For Success

In this book, I've given you a powerful magickal system with a set of flexible methodologies that can be used for altering any reality with magick. But that's not enough! I really want you to be ultra-successful with Mind Magic. I love my readers—and that means *You!* I want to make sure I "over-deliver" with this book and provide you with far more magickal know-how, practical applications, and real results than you ever imagined when you first decided to read it. I know that real, powerful magick is an "inside job." That is, the magick is happening *inside* you and then being reflected outward toward the external world. This means that enhancing your understanding of the inner workings of your own mind will undoubtedly increase your magickal success rate—that is, how fast, how accurately, and how easily you are able to alter external reality using magick. To that end, this chapter contains some important concepts that are geared to increase your understanding of the deeper mental processes that affect the energetic flow of magick. By learning, comprehending, and practicing the ideas presented here, you will supercharge your magick—and, most likely, change your whole life.

After all I have taught you so far, I really believe that these next few chapters (which are the last chapters) contain the "golden nuggets" of creating your reality with magick. Some of these concepts may challenge you, some may be uncomfortable at first, and some may rock your world! My goal here is to empower you in an extreme fashion. If you are already a powerful magician

that can bend reality to your will, then maybe you don't need this information. But if you are seeking to enhance your power, improve your magick, and increase your influence over your own life and your external environment, this information may be exactly what you're looking for to propel you forward into a glorious and powerful future!

I have been described as being "hopelessly optimistic." However, my optimism isn't just "hanging onto" a belief that seems nice. And it's not my way of "ignoring" difficulties in life by pretending that everything is great. No! Far from that, I see optimism as not only an outlook but an *angle* for achieving greatness in life in every area. It's a deliberate way to look at everything in the most positive way possible so as to "load the dice" in my favor. It is also a key part of my continual drive for personal improvement and progress, for it pushes me to always strive to improve things. That optimistic *view* of reality, no matter how "bad" any given situation may seem, creates an undercurrent—a foundational, underlying *force*—that pushes reality to always be moving toward the view that I maintain. If you're a pessimistic person, consider changing your viewpoint. Yes, you can!

In spite of all of that lovely optimism, I will admit that magick doesn't always work 100% the way we would like it to. As I mentioned earlier, you should accept that. And the sooner you do, the faster you will move forward and progress in it. But this doesn't mean you should mope about in even a shred of doubt or lose even one drop of confidence. It means that you *accept* that you made a change to reality—based on the energetic structures you were dealing with, the concepts in your conscious mind, the feelings in your subconscious, and all the other unseen energies that were applying pressure to that reality. Sometimes I approach a situation that I know has a great many linked and related energies, and I have no idea what they are! Still, I work the magick, let go, and trust that the results will be beneficial. Often it works perfectly, even if it has to "override" the other structures of reality that were present which I was unaware of. The more you *let go* of your magick *having* to do something, the stronger the effect it has on reality.

Sometimes, I work magick and it doesn't work perfectly. It results in a change, but not in the way I wanted it to. What do I do? I take it as feedback and let it roll off of me. If it's something really important to me, I will generally look into what other energies might be at play in the situation. When I find them, I will move them aside, change them, or override them.

And then I'm laughing! It's like I've unravelled what energetic structures were holding that reality in place. Then it's in my hands! The situation feels flexible, moldable—and the question comes into my mind: How would I like to morph this reality?

So exactly how do you improve your magick—your rate of success at getting your results to look like what you intended as closely as possible? All magick is really only as good as the practitioner. And that's YOU! So here's the answer: You improve your Self! And that's what these last few chapters are about: supercharging your magick by controlling yourself and your inner mind, cleaning up your subconscious issues, erasing your limiting beliefs, letting go of what you've been holding onto, and so on. Working on your Self and the control you have over your own inner mind is the *key* to improving your magickal results. As you learn to recognize, understand, and control your own inner thoughts, feelings, beliefs, concepts, and issues, you will automatically gain more and more control over your own actions and reactions in any situation.

All true magick comes from deep within *You*. You are magickal! So, naturally, improving your control over your inner Self will improve your control over your magick. Self-control is strength. Awareness is influence. Calmness is power. And if you learn to perfectly control your inner Self—your mind, your thoughts, your self-talk, your feelings, your beliefs, and the connections between your conscious and subconscious—you will not only be able to maintain perfect calm, control your behavior, and live firmly by your own decisions, but you will come to know Limitless Power.

I'm not claiming to be already there, but I am on the path there. It is a journey for me, just as it is for you. And if I can help you move forward on this journey will more speed, *so help me Universe*, I will do so!

So pay attention as you read these last few chapters. As I said, my goal with this final part of the book is to empower you *extremely*. Pay attention, and you will learn some awesome concepts and techniques for magnifying your magickal power (this chapter), a deeper understanding and some powerful methods on how to truly detach and let go (the next chapter), and how to get and stay on the path to hone your magick and improve it with time (the last chapter). Become aware of your feelings as you read this last part of the book. Stay aware of your own reactions to what I tell you—notice how you

feel, what thought patterns arise, how your mind might wander, and so on. In this way, you will prime yourself to easily recognize what you need to work on the most within *You*.

I am so excited to share with you the things in the rest of this chapter! I believe they will boost not only your understanding of yourself and of magick, but your understanding of how to become truly magickal in virtually everything you do.

Let's dive in…

Awareness Of Energy Flows

If you are serious about practicing magick, you will probably be incorporating it into your "regular" life. As you do so, you are sure to come across blocks to certain things that you desire to change. One person doesn't have power over everything. That would be quite dangerous for all the rest of us! Sure, one person can develop amazing power over everything that pertains *specifically to them*, but who lives in a vacuum? If you want to be a hermit, live alone in a hut beside some magickal swamp, and practice full and powerful control over everything around you, maybe you can do that. But if you're going to live within society and have relationships with other people, you're going to have situations you desire to alter that involve other intelligent beings besides yourself. This is part of living in a community with other humans. The more fully you can accept that other people's energy is a portion of the energy that you need to deal with—and you won't always be able to adjust it—the more content and happy you will be with your own reality. Magick isn't about controlling anyone else. And even if you could control those around you, would you really *want* to? If you directly controlled everything your friend, lover, or child did, would that relationship be truly beneficial? Of course not! Who wants their loved ones to be like robots?

That being said, I don't typically try to control people with magick. Yes, there have been rare occasions where necessity has led me to work some magick to directly influence certain people to either prevent them from doing something or to cause them to do a specific thing. But this was only because of "bad" situations that came up which needed to be rectified. The intended outcome was useful, beneficial, and for the good of others. While that magick

was difficult to do, it worked perfectly—even better than I expected! However, in general, the magick I work is not attempting to control another individual. I have found that it's better to let go of your concerns about the influence of others and just focus on creating your own magick.

This brings me back to that concept of flow in the Universe. Energy *flows*. And it responds to a whole host of forces and pressures that are applied to it. Those forces can be physical, or they can be from the beliefs, thoughts, and emotions of various people that are connected with that energy. Flows of energy create changes to reality, and such flows will typically choose the *easiest* path to those changes. The idea with any magick is that you are utilizing your own powerful energy and the observation of your own intelligent mind to influence energetic structures strongly enough to *override* all of the other forces that are acting upon them. Yes, your own mind's observation can even be strong enough to alter or oppose the force of gravity!

When you're working magick that other people are involved in or are in some way connected with (which will likely be much of the time), be aware that their observation is also in the mix. Other people's energy influences their own reality, at least to a small degree, whether they are aware of it or not. When you tap into magick that connects to their reality, you are connecting to their influence as well. This doesn't mean you have to be concerned about how the thoughts and feelings of other people will affect your magick. And you don't need to control those people in order to be successful with your magick. Don't worry about controlling how anyone else is influencing a situation that you wish to modify. Just change that situation! Be confident. Alter reality. Work your magick. It is within *You!* The key is within yourself —in your own mind.

However, *awareness* of the energy flows pertaining to a reality you have connected with can be an important factor in *how* you work your magick. Becoming *aware* of a specific energetic block or opposing force to your magick gives you more power over it. Once you know what energetic forces might be working against you, you can deal with those in your magickal session. If you do become aware of someone else's influence over a given reality that you are altering, be gentle, rather than forceful, with their energy. You don't want to just cut it off or destroy it, as that could have negative or harmful side effects. Instead, try sending their energy back to them or redirecting it in a harmless way. And if you come across a situation that you

feel you can't alter because someone else's influence is simply too strong to get past, just let it go! The power of *letting it go* may give your magick an extra kick anyway! Even if it doesn't change, be okay with that. Accept it. Not everything has to turn out exactly as you desire it to. Give a little.

Just know that magick is a *force*. As such, it adheres to certain universal laws. I believe that the laws that best define how magick behaves are found in quantum physics and in this idea of force and energetic flow. Of course, magick isn't the *only* force that applies to any given situation. The flow of energy will tend to take the path of *least resistance* for any changes to a reality, adjusting itself based on all of the forces and pressures that pertain to it. So, for the remaining sections of this chapter, keep in mind this idea of energetic force and pressure and how energy flows in the Universe. Your magick is one of these invisible yet influential forces that apply energetic pressure to modify reality.

Keep It Private

We just talked about removing the influence of others from your magick. Well, this is one way to remove other people's influence so that their energy doesn't interfere much with your magick: Keep it a secret!

Yes, my counsel to you is that you keep your magick private—at least until the results are in! This doesn't mean that you can't let anyone know you are working magick. It just means that you shouldn't blab about the details until the changes have fully manifested. Of course, if you are doing a session for someone else, they will know that you're working magick—but you don't have to tell them exactly what you're doing, what you're seeing, or what the precise intentions of that magick are. Sure, you can still use power words if you feel inclined to. If you are quiet while you work magick for someone, they might ask you what you saw or what you changed. I suggest that you answer with a little vagueness. Just tell them that you used magickal techniques to adjust the flow of energy around the issue. Certainly avoid making any guarantees! You cannot *guarantee* anything anyway.

Keep in mind that most people are generally skeptical, and most don't believe in real magick. You may be teased or mocked, even by those closest to you. Maybe it's only in fun, but can you control your own emotions sufficiently to

avoid having any doubt when being teased by your loved ones? Remember, nobody lives in a vacuum. No one exists in complete isolation. Each of us is interconnected with other people. So if you openly tell others, even with confidence, that you are working magick to do "this and that," they will pay attention! And their observance of the situation will then become another subtle unseen force that is being applied to that situation. There may be exceptions to this idea—cases in which you would want to share what you are doing with magick. For example, if you have a close, intimate friendship with someone who is on your side and who shares the same concepts of magick, it could be a benefit to share your intentions with them. Two minds that utilize the same principles to alter reality would be better than one.

However, most people—the doubters—will want to try to disprove your magick. Why? Because as humans, we seek to validate our own beliefs and feelings. And if they don't believe in it, they will want to validate that—by disproving it. If you declare what you've done, doubters will tend to want to prove you wrong. Telling others what you're doing with magick may tempt them to thwart the very magick you worked. They may even put their *physical* energy into actions that prevent your *subtle* energy from taking affect. Then you have another energetic force to combat in order to alter reality. Even making an open declaration of your intentions can cause yourself to doubt. And doubt is a killer of *knowledge*. So my counsel is that you strive to keep all of the magick you work private, at least until it's accomplished. Once it's done, you can tell people that you worked magick to change things. Still, I will caution you about this. Telling people what you *know* you did and hearing their doubts, criticism, or skepticism can make you doubt that you really made a change with magick or worry that it will return to the way it was. And, yes, that doubt or worry can cause a changed reality to reverse.

I learned this firsthand years ago, early on in my practice of magick. I would do healing work on one of my kids—say for a fever—and they would recover quickly. They'd be running around feeling great again in no time. Then I would blurt out in excitement that I did such-and-such and it worked! Only, this wasn't always received as I expected it to be. I would receive skepticism. I could feel others looking at the situation like, "Maybe this isn't real." This would cause me to doubt myself. I would think, "Hmmm, maybe I didn't really change anything." And soon enough, the child would be lying down

again with a fever as before. But I didn't give up! I would trace my thoughts, see what happened, and make the change again. Only this time, I wouldn't say anything about it to anyone else! I pondered it internally until I figured out *exactly* what happened. Keeping silent was difficult, but it worked beautifully.

There are a couple of major concepts I learned through these experiences that I'd like to share with you. The first is that I learned to either say nothing about the magick I worked privately or simply stay quiet about what I was doing if others knew I was doing healing work. Before saying anything, I would wait until the healing was done and it was far past the point of anything returning—in other words, past the point that even my inner doubting self could find any excuse to doubt. Sometimes, I would never say anything about the magick I did.

And that brings me to the second thing I learned. It is this: Working magick is not about gloating over what you can do. It's not about proving anything to anyone, and it's not about what others think of you. Sure, you should be proud of yourself for learning, growing, and accomplishing things with magick, but you don't need to flaunt that pride before other people. Don't care so much what others think of you! As you get better and better at unveiling the powerful magick that lies within yourself, your own inner security will increase and your need for external approval will decrease. It is better to be strong and confident within yourself than to need the praise of anyone else.

While real magick isn't typically for "showing off," I will say that if you can get your level of confidence to the point that you can make changes with magick right in front of people, more power to you! For those of us that were raised in modern American skepticism, this is a more challenging level to reach. Not only do you have your own childhood training of skepticism to overcome, but you also have to get past the doubting mindsets of all of the onlookers. The quantum observer effect is completely unbiased, and the observation of the doubters is in the mix of the magick. Your success or failure in magick does not depend on your ability to work it right in front of people. So don't worry if you find that this is a block for you. Just focus on making the changes you see to be done within yourself—and move forward!

Let go of trying to "prove yourself." Let go of trying to justify why you

spend so much time learning magick. It is your birthright! You are a magickal being! It's okay to know in your own heart that you have made powerful changes to reality—even changes that benefit or heal others—without ever getting credit for it. Just *know it* within! This practice may even increase your power in magick more rapidly. And I trust that you will be happier and more filled with joy as you learn that you can work amazing, powerful, marvelous feats with beautiful Mind Magic—no matter whether or not anyone else acknowledges it!

Removing Negatives

As I mentioned earlier, magick is really only as good as the practitioner (You). So, to supercharge your magickal power, you need to work on yourself. And one of the key areas you will want to work on is removing negatives from your mind and heart—that is, from your *thoughts* and *feelings*. Becoming aware of your subconscious feelings, beliefs, and even memories is important, as these affect your conscious behavior. *Awareness* is a key part of working magick. As you become aware of any internal feelings or beliefs (false "knowledge") that influence you in unwanted ways, you can remove them in order to act more purely according to your intent. While I've talked a lot about the influence of other people in this chapter, your own negative feelings are some of the biggest interferences to why your magick may not work. It's not just a matter of *seeing* energy move around this way or that. It's about *how you feel* while you move that energy around. You need to *know* that you are actually altering that energy when you work your magick. Getting rid of negative thought processes can enable you to more powerfully know that.

There are many negative feelings that we can experience as humans. It would benefit you to rid yourself of them—or at least learn how to control them and keep them in check. However, there are only a few key negative energies that I'd like to address in this section. These are those negative feelings that I believe are most detrimental to honing and improving your magickal abilities. There are many ways to deal with these negative energies. One way is to directly approach them with magick. Identify them clearly, isolate them, and use destruction magick to get rid of them. Another way to rid yourself of these negatives is to dig them up and release them. Emotional releasing

techniques are discussed in the next chapter. A third way to handle them is to simply replace them with the opposite positive feelings. The next section will address this. But first, let's identify what these particular negative energy structures are and why you will want to remove them to truly enhance your magickal power.

Doubt

As I just mentioned in the last section, doubt is destructive to Mind Magic. In order to get from *seeing* and *feeling* to *knowing*, you must remove doubt. Thankfully, the *letting go* step can help you to do that. There are two areas in which doubt is the most detrimental to your magick: Doubt in the magick itself (that it even works) and doubt in yourself (that *you* have the power to get it to work). Don't worry if you start out with a lot of doubt. Pretty much everyone does. This can be a big hurdle to jump for a lot of people. As you identify doubts within yourself, isolate them and destroy them. Don't be nice to them at all. They are not your friends. Get rid of your doubts, and your power will escalate.

The more you practice magick, the more confident you will become in your own internal power—and the more your own doubts will decrease until they fade away. So keep going!

Fear

This four-letter F-word is a complicated monster. Fear can take on many forms. You might have a fear of magick itself. You might have a fear of actually changing something—or of not changing it. Some have a fear of how powerful they really are. Others fear that they aren't powerful at all. What complicates this emotion is that we all have certain built-in fears that are subconsciously in place for our own preservation. You don't get too close to the edge of that cliff because of a fear of falling off of it. Not all fear needs to be eradicated from your being. Learn to tell the difference between fear that is built-in for your own safety and fear that is simply in the way of your own personal progress. If you pay attention to the feelings of fear that you experience, you will quickly learn the difference.

All too often, many of us experience that "fight or flight" mechanism (which is a fear-based response) when there is really nothing to be afraid of. Calming that inner response takes awareness and self-control. In certain situations, you

may want to pay attention to that feeling and respond to it (such as when your intuition is sending you a message to protect you). However, if you get into another argument at the office and your "fight or flight" mechanism is triggered, you should probably deal with that. Learning to control yourself from the inside out will only increase your power. A calm response wins an argument better than harsh words anyway.

A related feeling is worry. Worry is a form of fearing what hasn't even happened yet. Worry is almost always destructive, as it is negative thought energy being applied to future conditions. If you are a worrier, your concerns about the future may be square in the way of any changes you are making to that future with magick. Remove the worry, and change your reality with confidence! Learn to identify all of those inner fears that you experience which are in the way of your magick. Then get rid of them!

Guilt

Ah, guilt is a terrible thing! But you don't really need it—not really. As humans, we sometimes feel that we are *supposed* to have guilt about certain "bad" things we have done. This is programming we have received from parents, teachers, and society. Forgiveness is better and far more powerful. So forgive yourself! Let go of guilt! It will only get in the way of your progress. What's in the past is in the past. Don't let it affect your future! Guilt feeds a sense of not deserving what you desire—and this isn't how you want to feel to work powerful magick. To encourage the opposite feeling (that you actually do deserve whatever it is that you choose), entirely remove guilt from your being. It's not serving you, even if you think it is.

Sometimes, you may have guilt and not even be aware of it. If you are working magick and you get a sense that you don't deserve the circumstance you are trying to create, there is probably some guilt behind it. Identify it and eliminate it.

Shame

Closely related to guilt is the feeling of shame. Shame is a little different in that it targets your sense of self-worth. And shame can come from things others have done to you rather than something you have done yourself. A common example of this is shame from sexual abuse. Whatever the source of your shame, know that you are worthy! You are so amazingly worthwhile! I

want you to *feel* that intensely. You are an awesome creature—the pinnacle of creation! You are beautiful, wonderful, intelligent, and yes, *worthy!* If you have any inner feelings of shame that have haunted you, find them. You might have to dig deep. Bring them up, even if it's painful, and eliminate those feelings. You no longer need to feel that way! You are allowed to feel special, wonderful, beautiful, and powerful. This is who you are! Step into it boldly and claim your power!

Stress and Tension

In our modern world, stress is so common. Even when people aren't feeling directly stressed, there is often an underlying tension that exists under the surface. These feelings can be detrimental to working magick because, ultimately, they are feelings that "something is wrong." If you feel "off" or that something is amiss, how are you going to have a clear mind for working magick? This is why it's important to shift your state of consciousness before working any serious magick. Inner agitation is not conducive to the kind of beautiful, powerful creation you would like to be able to do. So look within. Identify where your stresses are coming from. Maybe you need to take some things off of your plate. Maybe you need to rearrange your schedule so that you have more time. There are tons of different stresses we can have, as we humans have the ability to stress about nearly anything—even when things are going well! But stress is still a deterrent to good magick. Daily meditation can help you deal with the common stresses of life and keep them at bay. More about this in the last chapter.

The "good" side of stress and tension is that it is generally easy to remove. While you may experience stress over a great many things, relieving it can also be just a few breaths away. Relaxation techniques, such as those in *Appendix B*, can quickly alleviate feelings of stress. Most of the things we tend to stress about are just trivial items anyway. This may explain why they are so easy to remove. Deeper or more significant stresses in life may need to be dealt with more directly. Again, you can use destruction magick, releasing techniques, or positive replacement to remove those negative feelings. An even better and more lofty goal here is to remove from your inner self any and all agitation. This is something I practice occasionally. I take some time in meditation to look deeply within myself in a variety of areas and see if there is any agitation inside me at all. And then I release it, replacing those feelings with deep inner peace. This can be a deeply healing process, and it

removes stress amazingly well.

Powerlessness

Is this a "thing"? Yes, powerlessness is a feeling in and of itself. It is not just a lack of feeling powerful. It is the essence of feeling power*less*. I think this feeling is closely related to the belief that the world (or the Universe) is huge and uncaring. You may feel that you cannot control whatever is happening around you. Can you see how that is in direct opposition to the idea of working powerful magick to alter your reality? If you have a feeling of being powerless, I would suggest a couple of different approaches to tackle it, aside from releasing it and using destruction magick.

First of all, check your inner beliefs about the world or the whole Universe. Do you feel that you are important? Well, you are! If there is anyone else that you are important to, then you are important! Even if you have no one close to you that cares, you should be important to yourself—and you are important to the Universe. I believe that each of us are reflections of God, the Universe, the "All." In my mind, *You* are an individuation of the Universe—a manifestation of God in the form of a living, thinking being—a way for the Universe to experience Itself. Adopting that view may help you realize how important you are—and how powerful you are!

Secondly, a feeling of powerlessness can come from feeling a lack of control. You may have a feeling that you can't control your own home, life, or relationships, let alone the whole world or the Universe. My suggestion here is that you learn to control *yourself*. Start there. You will be surprised how much control you have over your environment when you can truly control your own inner feelings and thoughts. So practice self-control! First control your thoughts. Notice what inner feelings those thoughts are coming from. Then tune into those feelings and take over them. Manage them. Decide how you want to feel.

Affirmations about your own power can help you as well. You could follow me and other inspiring accounts on social media. I often post empowering affirmations, quotes, and photos. Feeling powerful naturally combats any feelings of powerlessness. However you can, rid yourself entirely of feeling powerless.

Complaint

What I'm about to say is not popular to say the least. However, I think you will sense the seeds of truth in it. I recognize that complaining isn't really a feeling. But there is a strong energy to it, and that energy is seated in your feelings. Complaining is basically the opposite of gratitude. Do you have things you complain about? Most likely the answer is "Yes." How about this question: Do you have anything you *could* complain about? Now I'm quite certain your answer is "Yes"—because, of course, you're human, and doesn't everyone have things to complain about? Maybe so, but it's the energetic resonance of that complaint that is bad for you. And I'm not talking about just things that you verbalize to others (or under your breath), but also about complaints *in your mind*—the ones you don't *say* but you inwardly *feel*.

Your mind has certain perceptions of your individual reality, and those perceptions influence that reality tremendously—probably much more than you realize. Your subconscious mind may bring up a whole host of complaints to your consciousness all throughout your day. Maybe you try not to complain, so you don't say anything about these. Maybe you have long-term complaints that you repeat in your head over and over again—or little daily annoyances that recur often. These are powerful—but not in the way that you want! Like it or not, these complaints, whether voiced within (only in your heart or mind) or voiced verbally, are directing and forming your life and experiences to no small degree. Get rid of them! They are not helping you. The ego likes to focus on complaint because it makes it feel better about some negative reality it is experiencing.

Don't give in to the energy of complaining! If there are some things you really struggle with, try writing them down or typing them up—and then destroying them. Learn to let them go! They are only holding you back from the life you desire!

If there's something you want to change in your life, change it! Take action, use magick, do something. But don't hold onto inward complaining. Please believe me, these complaints are not serving you. Let them all go. They are leaks to the true limitlessness of your own power. Not only is complaining the opposite of gratitude, but it is the kissing cousin to…

Blame

And now what I have to say is probably going to be even less popular. Blame is actually a very negative energy that we humans tend to hold onto. Both

complaint and blame are related to feeling "out of control" of your reality—and this is clearly not good for your magick. *Complaint* allows you to *blame* something else for your circumstances—whether another person, a situation, or anything that you feel out of control of. Do you not realize that blaming someone or something else for your situation is only taking your own power—the power you have over your own life—and handing it to someone or something else? If you want to truly control your life in the most complete way possible, your must get rid of complaining and blaming—both outwardly and inwardly. In fact, the inward complaints and blame may be the most insidious, for you are secretly holding onto those feelings within. Take my advice and destroy them!

For any serious complaining and blaming that you have within yourself, I suggest that you have a magickal session solely for the purpose of removing all of these feelings from within your soul. Get rid of these, and you will free yourself! Sit down in a chair, create a working space around yourself, and use destruction energy to process every complaint and every feeling of blame. Go within your mind, dig up all your inner complaints, and destroy them one by one. Toss them into the fire, explode them, or destroy them in some fashion. Look within and figure out who or what you are blaming for any negative circumstances in your life. Take each of those feelings and destroy them in the same fashion. You may find that many of these feelings are deep-seated. They may be painful to bring up and get out. Press on! Remove those negative energy structures from your mind! Truly, this is self-work you won't regret spending the time and energy on. Sink deeply within yourself and do some mental cleaning here! Imagine how free you will feel on the inside without anyone to blame or anything to complain about. Instead, you will have taken full power and control over your own life!

After you have removed all of those negatives feelings—you have no more complaints and no one to blame—fill your mind with the feeling of *gratitude*. This may come naturally as you rid yourself of these negatives. You may have spontaneous feelings of inner peace, gratitude, and a tremendous sense of power. This is because removing these insidious energies frees your own inner power! You are no longer handing that power over to someone else by blaming them for something negative. And now that your power has returned, you can use it to change that negative issue yourself! You are no longer feeding and entertaining complaints in your mind. This frees you to focus

your feelings on positive things instead and to direct your energy in a constructive way. You have replaced those harmful energy structures in your mind with the peaceful, happy structure of gratitude. Be thankful for everything! Be thankful for your current circumstances and for the ability you have to use magick to change your perspective in such a powerful way! And delight in your new inner freedom!

I know there are plenty of other negative feelings you might have besides the key ones I have mentioned here—feelings like anger, resentment, disgust, hatred, and so on. If you have problems with your mind focusing on such feelings repeatedly, you will want to deal with them. Don't leave them there, and don't ignore them! I know it can be extremely painful to face your inner negative emotions and deal with them. Believe me, I have plenty of experience with this. I have gone through hell over and over again to get rid of negative emotions within myself. And every time I've done so, I have improved my life tremendously. You can, too. You can release these feelings and have a much happier life. As I said, we will discuss deep emotional releasing methods soon. For now, let's talk about how to ramp up your positive vibrations as a strategy for drowning out negative energy.

Raising Your Positive Vibrations

Another way to remove negative energy structures from your being is to increase your positive energy so high that the negatives are pushed out automatically. Your mind has its own sort of pressure system when it comes to energetic structures. It is difficult to experience opposite feelings at the same time, such as peace and tension. One will offset the other. One can even annihilate the other. Take this example of peace and tension. The more you feel deep inner peace, the more all tension will naturally leave you. In like manner, the more consumed you are with tension, the more you will lack inner peace.

Increasing your positive energy vibrations can not only help you to remove the opposite negatives, but it can also bring you into harmony with creative energy, thus expanding and enhancing your magick. Since working magick is utilizing creative energy, can you see how being in resonance with that energy will help you work powerful magick? Of course you can!

There are 5 “high vibrational” energetic structures that I have identified as the highest positive vibrations you can resonate with. Since I have no scientific proof that these are the “highest vibrations,” let me clarify: These 5 energy structures are the most beneficial energies I have been able to identify for the purpose of improving yourself and the quality of your life. Naturally, they are all tremendously beneficial energies for working powerful magick as well. They are (not necessarily in any order):

Love (toward yourself and others)

Gratitude (a deep and abiding attitude of thankfulness)

Joy (happiness, delight, pleasure, ecstasy)

Peace (calmness, deep inner tranquility)

Power (competence, confidence, authority)

From these 5 powerful energies spring a whole host of other positive energies: happiness, calmness, kindness, self-control, confidence, the list goes on.

Each one of these 5 positive energies is in direct opposition to a negative energy which most of us struggle with to some degree. For example, by increasing your internal feelings of love (whether toward yourself, others, the Universe, or life itself), you not only increase your actions based on that love, but you also decrease your opposing feelings of hate. Keep increasing that love higher and higher, and eventually you will have no room for hate in your life.

So how do you increase these powerful high vibrations within yourself? You focus on that energy, identify your internal level of it, and then deliberately raise that level up. Yes, it’s that simple! Just as you would tune into a negative energy structure within yourself in order to isolate it, remove it, and destroy it, you focus on positive energy in order to measure it and build it up.

This is highly beneficial self-work! I recommend that you take the time to do the following “positive enchantment” on yourself. I suggest that you do this work within a magickal session—or at least go somewhere that you can be alone and create a sphere of energy around yourself. You want to be able to really give this your focus in order for it to be effective. Of course, using your hands makes this exercise even more effective.

Within a magickal working space and in a relaxed state of mind, go through each of these 5 powerful, positive, energetic vibrations: Love, Gratitude, Joy, Peace, and Power. With each one, measure where you are (how you are feeling) and then deliberately raise that level up. It's important that you really *feel* the energy level increasing within you when you do this. As an example, let's take *Joy*, which is coupled with happiness. Wouldn't it be nice to raise your own joy and happiness higher? Absolutely! To raise your level of personal joy, first ask yourself where your level of joy currently is. Something like this would work: "On a scale of 1 to 10, how much *Joy* am I feeling right now?" The question triggers your mind to think about it and provide an answer. Be completely honest with yourself. If you rate yourself at a 7, that's great! If you can only rate yourself at a 3, that's okay, too.

Once you have identified where your current level of Joy is, allow yourself to see (in your mind's eye) an indicator of that level. See this as a knob, dial, or up/down slider control. You see that it's currently set at the level you identified within yourself. You might see this control in your chest (by your heart), in your forehead, or floating directly out in front of you. Wherever you "see" it, reach out with a hand and take charge of that control. Slowly but surely, you are going to turn that knob or slide that control up. As the level goes up, feel your own internal level of joy and happiness rise with it. Move that control all the way up to level 10! Let yourself *feel* what it is like to experience absolute joy and happiness. A level of 10 would indicate the total ecstasy of the most thrilling joy and the deepest happiness that you have ever felt in your life! Let yourself be absorbed in this feeling for a few moments. Allow your mind to be open to any actions you could take, changes you could make to yourself, or inner decisions you could make to increase your level of that energy higher. You may receive some direct inspiration as a result. Then leave the setting of that energy at a 10 and move on to the next positive vibration.

When you have finished raising your own levels of Love, Gratitude, Joy, Peace, and Power all the way up to level 10, close your magickal session. As you walk away from this self-work magick, allow yourself to carry these feelings forward into your day. It's okay if you don't stay at level 10 throughout your day. Emotionally, it would be very difficult to keep feeling "more joy than ever" all day long. The point here is to gradually raise your vibrations up to be more and more in sync with these powerful positive

energies.

I recommend that you regularly do this self-work to raise these vibrations up within yourself until you are at a 7 or higher every time you check in on them. Do this once a week or more until your levels in these 5 areas are consistently high. If you can get this exercise down to just a few minutes for all 5 energies, I'd even recommend doing the exercise daily for a while. You may also want to change the question you ask yourself based on how often you do this. For example, "On a scale of 1 to 10, how much *Peace* have I been feeling over the past week?" or "How much *Love* have I been feeling over the past day?" This one action—increasing these 5 highest vibrational energy structures within your core self—can change your whole life! It will change you from the inside out. And everyone around you may notice!

One last thing I want to share with you about these 5 positive vibrations is the idea of using affirmations as a quick reminder of your goals with your internal emotions. Consider these five powerful, affirmative statements:

> Devoid of hate, I am filled with *Love!*
>
> Devoid of complaint, I am filled with *Gratitude!*
>
> Devoid of sadness, I am filled with *Joy!*
>
> Devoid of agitation, I am filled with *Peace!*
>
> Devoid of doubt, I am filled with *Power!*

These positive statements dismiss the negative energy structures that you don't want (those that will hinder your magick) and encourage the positive structures that you do want (those that will enhance your magick).

Practice Outrageous Gratitude

I've going to give some special attention to gratitude for a bit. I'm even going to go a little extreme with it. Think about how you feel when you finish up working some Mind Magic. You have stepped into a given situation. You made changes to it. You *saw* those changes in your mind. You *felt* them deeply. You brought yourself to *knowing* that those changes are already in place, and then you completely *let go* of it all. If you've done this correctly, a variety of positive feelings can automatically accompany you as you walk

away from that magick. You may feel grateful, elated, energized, peaceful, joyous, satisfied, happy, or maybe relieved. All of these positive emotions can have a powerful impact on the magick you just worked.

If you regularly raise your energy levels in the 5 areas mentioned in the last section (so that you resonate with them more and more), you can apply your familiarity with those positive vibrations at the completion point of your magick. Imagine completing a session to create some change to reality, and then tuning in to how you are resonating with *Love* in relation to that change —You love the new reality you have created! Or you tune into those feelings of *Joy* and relate them to the magick you just worked—Wow, you feel intensely happy with the realization of how your reality has suddenly changed! Or *Peace*—You are flooded with the feelings of deep peace that come from *knowing* the new reality is already in place. Peace can help you let go as well. Or you tune into *Power*—You feel so incredibly Powerful at the realization that you can just alter reality as you choose!

But *Gratitude* has a special place. Gratitude eliminates complaining. If you eliminate complaining, you don't have blame. Eliminate blame and you won't give your power to others. So we have combatted complaints, blaming, and powerlessness all at once. Yes, it's quite powerful! More than that, gratitude is something that we naturally feel when we receive something that we desired. Specifically, we tend to feel gratitude *after* receiving something we desire. Therefore, feeling gratitude is like stepping into that place where we already have received what we desired.

In this way, gratitude is a powerful catalyst to getting your subconscious mind to the point of *knowing*. Your subconscious knows that you feel grateful for things you have already received. So bringing yourself to strongly feel the gratitude of having already received something desired makes your subconscious mind "think" that you already have it! This is a strong *observation*. And this observation works magick!

Likewise, gratitude can help you tremendously with *letting go*. If you feel so thankful for the "already changed" state of reality, there's nothing to hold onto any more! This can make you spontaneously let go of any attachment you might have to it. Why would you bother holding onto the feeling that something must change if you are already thankful for it changing? This confuses your subconscious mind and tricks it into *feeling* (and therefore

observing) that your reality already is a certain way. And so gratitude is crazily powerful when used in combination with all of the other magickal processes I have taught you!

Many people say you should just be grateful for what you have and not work so hard to change things. They say that being content with what you have will bring you peace. Maybe so. But I say that Peace and Power can go hand in hand. And while I see the *peace* in accepting the things you cannot change, I see the *power* in changing the things you cannot accept. I don't agree that you should just carelessly accept whatever the Universe sends your way—especially since I know that what gets sent "your way" is actually, ultimately, coming from inside of you! If you change what's on the inside, you will change what's on the outside.

I think the reason so many people believe in this kind of acceptance in life has to do with how gratitude makes us feel. Gratitude feels good, plainly put. It also makes others feel good. People appreciate your thankfulness, generally speaking. And so I can see how the belief developed that we should all just be grateful for whatever we have and that's enough. I agree that we should be grateful for what we have, but it's not necessarily enough. As humans, we have *desire*. And desire is a drive toward *something*—whether it's achieving something, having something, experiencing something, or becoming something. And that desire is a good thing. It ought to be respected, not repressed. We have desire for a reason. Without desire, nothing significant would ever have been accomplished—for everything starts with a core desire. Perhaps even the whole Universe was created by the very essence of desire—a desire to be, to experience, to create.

Now that I've philosophized a bit, I'm going to teach you one more super-cool trick with gratitude that can be used for manifestation purposes. You should absolutely be grateful for what you have. Count your blessings. Go through them. List them out. Spend some time regularly just being *extremely thankful* for everything you have. *Be outrageously grateful!* Be so grateful on the inside for everything you have that it would irritate people if you openly stated how thankful you were!

In addition to this, be thankful for everything you *desire*. Be just as thankful for the things you desire to come about in your life as you are for the things you already have. Express your gratitude inwardly in the same extreme

fashion for that which you *choose* for your life. Feel the gratitude for it as if you already have it (or have already accomplished it).

Now here's the awesome trick: Mix them up! That's right, mix up all the things you are thankful for. Blend your gratitude for what you *already have* with your gratitude for what you *desire*. Deliberately allow your mind to become confused about which is which! You may be looking at two completely different realities: The one you're in now (which you are thankful for), and the one you desire to be in (which you are also thankful for). This may seem like it doesn't make sense to you, but here's why it works: Your subconscious mind operates on *feelings*. If you imagine things that you have (and you *know* this), and you feel grateful, and then you imagine things that you don't have and feel the same gratitude, your subconscious mind can become confused about which is which. It just feels your "attitude of gratitude." Again, this is a strong *observation* of reality. It's not perfect, because you're still mixing in the things you already have. But the more you can blur the lines, the more you will begin to *feel* about the things you desire just as you *feel* about the things that you have (that "already done" feeling). And that's powerful! That can bring about circumstances that you desire almost without any effort. Your subconscious *observation* of your reality in this confused state can collapse that reality into something different—something that agrees more with the *feelings* of gratitude that you are experiencing.

If you find that this technique works well for you, you can use it at the closure of any magick you are working. To do this, simply feel thankful for something you *know* you already have and cross that feeling over with the thankfulness you feel for the completion of the magick. Since gratitude has a special way of making you feel like something is "already done," you are capitalizing on that hard-wired automatic feeling that happens *after* you receive. So give this a try! Let yourself sink into this powerful feeling of gratitude just as you close a magickal session. Powerful!

Commit To The Magick

At the end of Chapter 12, we talked about accepting the results of your magick. While it is important to accept the changes to reality that come from

magick that you work, the other side of that coin is commitment. Commit to your desired changes! This is a mental process. But it's not a mindset of *forcing* something to come about. You must stay completely *detached* about the outcome while remaining *committed* to the magick you worked. I know that this may seem contradictory to many people, but it works. There is a subtle balance that you must keep. I will do my best to explain it as clearly as possible so that you can understand it fully—because if you can fully grasp this idea of remaining *committed* to your magick while staying *detached* about the outcome, you will step into a place of tremendous power!

It's super-important to maintain continued thought applied to the magic you have worked. But this should be calm, background thoughts. The lion's share of the mental effort to "see" a given reality in the new way (the way you modified it with magick) is done during the working of the magick itself. You have stepped into a new place with both your conscious and subconscious minds. It may still require a little mental effort to remain in that place, but it's not hard work. So stay there!

I have learned this lesson quite thoroughly: How I am thinking "in the background" about magick that I already worked is a major influencer to it continuing to do its job. If I am worried, concerned, doubting, or even just wondering how it will work, then I am applying some influence to it not working. Background thought is often closely linked to or coming from your subconscious mind. If, however, I just keep feeling *satisfied* that the magick has already worked and I stay completely *released* because of that, then it's done! There's nothing else I need to do but maintain that mindset.

When you work any magick, remember that even if the changes are not immediate, you have still altered the *flow* of that reality. If you "change your mind" later on (in your background thoughts), you may inadvertently alter the flow of reality again. This is why it's so important to keep your mind in the "new" place—the place you got it to when you worked the magick.

At the start of this book, I asked you to make a commitment to finish reading it. Remember that? Well, you've stuck with it! Good job! You're almost through it now. This idea of sticking to it is how I want you to think about magick that you have done. You are committed to the "new way" you see a given reality. You are keeping that commitment—not holding onto it forcefully, but steadily pressing along, staying committed.

Let me see if I can explain the inner mental workings of what it feels like to commit to an altered reality without being attached to it. On the inside, you are calm. You are peaceful about it. Yet you know it is already so (or will be soon). You will not give up on it, for you are *utterly committed*. You are *determined* (that it is absolutely how things are) and yet totally *detached* (okay if it isn't really how things are). Does this make sense? Can you feel the subtle balance of these two energies? Even though you have *let go*, you are still inwardly and calmly *committed* to the new reality—to continue to see it as you saw it during the magick! This combination of these two mindsets allows you to continue to apply steady pressure (in the background) which encourages the new flow of a reality while at the same time not creating any resistance (attachment) to it, which also encourages that flow.

If you find yourself thinking about the "old way" things were (before you worked magick) and the change is taking some time, snap your mind back to what you were feeling when you worked the magick. Then let it go again. We talked about this, too, in Chapter 12. Gently and calmly bring yourself through the four main steps again: *see* and *feel* the changes that you made to that reality until you remember the feeling of *knowing* it has already changed. Lock your mind onto that *knowing*. Commit to staying there mentally. Then completely *let go* of it again. If you can stay *released* on what you see has *already changed*, and you trust the innate Power of the Universe that you tapped into, then you are reinforcing and pushing along the magick that you have worked. This reaffirms to your subconscious mind that you are definitely sticking to these changes! It's like you are insisting that the new way is the way things are, even if your subconscious brings other things to mind—issues, problems, doubts, whatever. Every time something comes to your mind that is opposed to the new reality, you gently affirm your commitment to the changes. Insist, feel it again, and let it go!

For further clarification, let me give you a real example of this concept. My daughter was playing tag, hide-and-seek, or some similar game at a friend's house. It was somewhat dark. In the excitement of running from someone, she tripped on a protruding piece of sidewalk and landed poorly, hurting her knee. For a couple days, she complained off and on about her knee hurting, clicking, or sometimes just "giving out" suddenly. So I took her aside into my office and did a magickal session for her. I used some flowing energy on her knee, but the most powerful shift came when I created a timeline for it and

deleted the causing event, replacing it with a different event—hence, a different outcome. Afterward, she was totally fine. The next day, she told me her knee was still fine. I was very pleased with the results. But the story wasn't over yet.

Soon, my daughter went to engage in activities that required heavy physical exertion, such as basketball practice. Without realizing it, I found myself wondering how the magickal changes would hold up to such heavy use of her knee. A couple of weeks went by. During that time, I found myself doubting several times. Eventually, she was complaining about her knee again. The strange thing was that I *knew*, deep inside, that this would happen—probably because I was aware of the seeds of doubt that were hanging out in the back of my mind.

The best part of this story is how it ends. I realized what my problem had been! I was not fully *committed* to the magick I had worked! With this new awareness, I went back to my office and did another magickal session, this time only using a holographic representation of my daughter. I went back to the timeline and ensured that the negative event was gone. I then decided that I would *commit* to the new reality I had created with the magick. My commitment was so firm that I no longer allowed my mind to doubt that her knee would hold up to any amount of exertion. And my daughter has never complained about it since!

Committing to your magick is incredibly powerful, but I understand that it may be difficult to do in some situations. If you find yourself working magick on something over and over again, seeing small changes result from it here and there, look deeper within yourself. Are you really that committed to this magick? Or are you okay with just seeing minor results, enough to keep your faith burning brightly in the practice you do? Are the results really enough for you? If so, then fine. I will admit that I work some magick just for fun, and I'm not so committed to it. It's fine if it's not that important to you. But if it is something really important to you, don't settle for mild results! *Commit* to the magick! Throw yourself into it! That is, hook your mind into the new reality, and push it into your background thoughts. Demand powerful results, but stay detached. Again, you aren't forcing anything to happen. Committing to it simply puts your mind in a place where it is determined that major shifts are happening. It helps to solidify your decision to keep your mind observing reality in the "new" way. Real commitment doesn't mind a

little mental effort to keep you in that place. It puts you into a motivational mentality where you are determined to keep your mind on the results you truly desire *no matter what* happens. You *know* what is happening, and you refuse to settle for less than your demand. Yet you've completely let go of it. Yes, commitment in this way is a powerful force of creation!

Think of it this way: You aren't committing to making any change happen to reality in any kind of forceful way. You are only committing to controlling the way you are *observing* that reality. That is, you are committing to keep observing it the "new" way. This means that this is only a commitment to a mental process—not to anything external. Therefore, this commitment is something that you can absolutely control—because you can control your own mind!

Another powerful way to use commitment is to commit to gratitude. We've discussed how powerful gratitude can be. Think of how powerful it is to decide that you *will be* grateful for the outcome of your magick no matter what that outcome is. Commit to maintaining the spirit of gratitude about the results of your magick. This combines the power of gratitude and the power of commitment into one kickass reality-altering magickal concept! This can influence how effective your magick is, how fast it acts, and how thoroughly it alters things. Think about this. If you are firmly deciding that you will be grateful no matter what, then it's like the Universe gets the message that you're *going* to experience that gratitude no matter what happens. So this becomes a major energy flow that pushes the magick forward—toward the state that would naturally engender that gratitude!

So commit to your magic! Commit to the change! But don't attach to it! Just let go and trust. Don't tell others about it—there is no need to outwardly commit to anything! Commit *inwardly*. Choose your course and stick to it! Don't let any one, any thing, or any circumstance sway you from your determined course—that is, the path you created with magick. If you truly *know* what you desire to change, this will be easier to do. So get intense about it and *commit on the inside!* Then fully *let go* and allow it to be. Stay in this committed yet released mindset, and you will experience beautiful miracles!

Avoiding The Biggest Pitfall

While I have placed this section last, it is perhaps the most important bit of information you need to really supercharge your magick. These are truly the *golden nuggets* of creating your reality with magick. And I think this one is the biggest gold nugget of all! It's taken me years to really digest this concept. It's probably worth writing a whole book about. I'm going to describe to you what I've found to be the "failure point" to all magick. Whether you are creating your own reality using the Law of Attraction, manifesting techniques, affirmations, or straight-up practical magick such as Mind Magic, I believe that the failure point to all of these is the same. In a nutshell, it's one word: *Trying*.

The idea of creating reality with magick is actually coupled with negatives. The fact that you are *trying* to change something says that something isn't right in reality and must be "fixed." And so the seed of negative energy is contained within that effort. For most, it is not intuitive to work magick, and it is difficult to understand the proper mental processes for doing so. This is why so many simply don't believe that magick exists or is real. And it is why it's so important to have a clear guide to how to direct your feelings and thoughts in order to work real magick.

Truly creating reality with mental magick alone cannot have the "need" to change or create anything. Manifesting techniques are also coupled with negatives, such as doubt. And "trying" is the coupling link. Think about it. Any attempt to manifest anything into one's reality says automatically that it isn't already there. So how do you get past the dichotomy of opposing feelings? How do you create what is desired without having to acknowledge that what actually exists is not what is desired? This is what this last section is about, so pay attention!

Feeling that a desired change is already there, already in place, isn't really attempting to make anything happen, so long as that feeling is deep, genuine, and complete—not forced as an "effort" to make a change. So here's the concept I want to share with you: You are probably reading this book because you wanted to learn how to make changes to reality with magick. And all through the book, that's what I've been teaching you to do. Now I'm going to tell you that you need to *not try* to change anything at all!

I know it sounds like this goes against everything I've been teaching. And I know it's a difficult pill to swallow. But this truly is **the golden nugget!**

Stick with me, and I'll explain it the best I can. The movies have got it wrong about magick. It's not about controlling reality—at least not in a forceful way. When you change reality with magick, others may think you are controlling it, forcibly causing it to bend to your will. But it's not forced! The power behind magick doesn't *have* to be forced. In fact, the idea of force is actually opposed to it! Why? Because it generally comes from need, attachment, or even desperation. When you are using force to change reality, you are *trying*, and that trying is actually rooted in an underlying feeling that something *needs* to change—that is, that reality *isn't* the way you would like it to be. This itself is an *observation* of reality. So by trying to "force" it, you are working against yourself. This is closely related to the problem of attachment to (or need for) a change to occur. And just as *letting go* can be a powerful catalyst to magick, so also can *not trying* to change anything.

If you go to work magick on something and you feel like you *have* to make a change, then you are struggling to force a change upon the outside world. This feeling can be deeply hidden within yourself, and it can prevent the change from occurring. To directly combat this, make the changes that you desire while at the same time deciding that you won't *try* to change anything.

How do you do this? Simply *feel* the feelings of the desired reality *already being so*. This is what the four basic steps are about! It really is that simple! Learn to utilize the quantum observer effect to see that reality *already* matches what is desired. This works at a subconscious level—in the realm of your feelings. So, when you truly *feel* the Love, Gratitude, Joy, Peace, Power, and all other good feelings that relate to a desired reality, you will *know* that it is already so! And so you can just *let go*. There is nothing to *try* to change! Nothing *has* to change because it's already done!

Now, these changes which you make on the inside—in your inner thoughts and feelings—can be super intense! The changes to your feelings are the most important changes to make—in many cases, they are the *only* changes to make! But there ought to be no fight, no struggle, and no resistance within yourself to the changes that you desire. If there is, then you now have tools for dealing with these negatives—so use them! Learn to truly, deeply *let go of the struggle* to change any reality. Let the quantum observer effect do it's job! It's a magickal job, and it's been doing just fine at it for billions of years! I believe it is the core principle behind the creation of the whole Universe. So let it be the core principle behind the changes you make with magick.

Observing—that is, peacefully *feeling*—that a given reality is *already* as you desire it to be—this is the great secret!

Not trying is a key to real and lasting change! *Trying* is a strong energy which states that the desired reality doesn't exist now and you must therefore change external reality in order to make it so. But this just creates attachment, struggle, and frustration with reality. The inner struggle with *trying* to create or change something external **is where the failure point is to creating a change to reality**. In fact, this may be the failure point to any and every kind of magick or reality creation technique there is! **This is the *golden nugget!*** Remember this!

Haven't you ever had the experience of trying and trying to do something? Eventually, you just give up, often in frustration. Then, just for the hell of it, you put forth the effort one more time, only to find that it works perfectly for you. If you're like any of the rest of us, you've had that experience a great many times. Haven't you ever wondered why it works that way? People think it's because of "Murphy's Law" or some such nonsense. I don't believe in Murphy's Law, and I'm the better off for it. I will tell you why things work this way: It's because the *trying* finally got out of the way! So long as you were *trying* to get something to work, you were strongly feeling that it wasn't working! Yet you put forth a lot of effort to get it to work. You then remove the *trying*, and viola!—it works like magick!

To quote Master Yoda again, "Do, or do not. There is no try." There is a great difference between trying and working (effort). For instance, I didn't *try* to write this book. I just did it. Sure, it was a lot of work. But I wasn't *trying*. I *knew* I was writing it. It wasn't just an "attempt." It was simply an "action." Work is action. *Trying* is attempting something that you aren't sure about. So be certain about what you desire. Be clear about your intentions. *Know* what you are really choosing.

To work amazingly powerful magick, hold the vision of the changes you desire in your mind, let them sink in as I have taught you, and then just *don't care* if anything really changes in reality! If you can truly learn to let go of all *trying* to change something, all *struggling* and *fighting* with reality, and all *attachment* to how reality "must be," then you can easily **create any change that you desire**. Acquire and maintain absolute internal control over your own *thoughts* and *feelings* about anything you desire to change. *Commit* to

your magick until reality looks on the outside how it feels on the inside. And stay totally *relaxed*, *released*, and *detached* in regard to the desired reality. This is ultimately powerful!

Magick works so well for those who are utterly released on anything they desire and yet deliberately and directly control their deep inner feelings and thoughts in the direction of the total satisfaction and fulfillment of that desire —and then maintain that powerful control over their own feelings!

This is the biggest golden nugget I have shared with you. It may seem counter-intuitive, but trust me on this. I'm holding this out to you. Will you reach out and grasp it? I know it may not be easy to get rid of *trying*, but begin now. It may help to realize that when you are *trying*, you are actually fighting against an existing reality. To stop trying, stop fighting! Get rid of any *resistance* that you have. Fighting puts you into a dichotomy mindset (that is, one thing is against another). You are then mentally struggling with two opposing realities: "It's like this," and "No, it's like this!"

I am still working on removing all "trying" from my own magick. As I am learning to *not try*, my magickal success rate is growing closer and closer to 100%. It's a journey. It's not something you're going to overcome in a day. But it's about the best journey you can be on for learning to work powerful reality-altering magick!

To truly get rid of the fighting within yourself, to get out of that mode of *trying*, and to remove that dichotomy from your mind, you may need to practice detachment. And that's what the next chapter is all about…

15. THE POWER OF DETACHMENT

> *Mastering others is strength. Mastering yourself is true power.*
> —Lao Tzu

Why Emotional Release Is Important

Let me tell you a little story. When I first started practicing magick over ten years ago, I was a complete mess emotionally. I was unhappy with my life, my marriage, my finances, and my own state of being. I lacked inner peace, and I had so many attachments to things! My days were generally filled with stress and tension. Then I learned something that changed my life forever—that I was creating all of that myself! The idea of magick had always been an interest to me. When I decided to delve into it, I did so with all my heart. I had a few immediate successes with some of the magick that I attempted. This kept me going. But almost everything I did resulted in negative side effects! As I looked at the nitty-gritty details within my mind to see what caused those side effects, I found that it was *me!* It was my own issues, my own subconscious beliefs, feelings, fears, tensions, and attachments! So I went on a journey to fix *myself*. I saw no other way to become proficient in magick without deep self work.

For a while, I poured my time and energy into identifying, targeting, and removing a whole host of my own emotional and psychological issues. It was incredibly painful, but I understood enough by that point to believe that it would be worth it. I convinced myself that if I could just get through these difficult fixes to my inner mind, I would obtain the power to guide and direct my own life without obstruction. And I was right. I have never been disappointed in the results of my efforts to work on myself, no matter how difficult it has been.

As modern humans, most of us have a multitude of unconscious

psychological issues that go back to our childhood. This can include traumatic memories, limiting beliefs, faulty views of the Universe, God, or the way reality works in general, and a whole mix of stored feelings about our experiences, who we are, and who we really want to become—not to mention the mishmash of concepts, ideas, and beliefs taught to us through television, movies, and other media. If you were able to see a schematic diagram of what's in your own subconscious mind, it would probably look like a highly-complex interwoven network of beliefs, feelings, and memories. At the base of that network would be the foundational structures that support the whole.

Can you see how, with all of this residing in your deeper mind, you may have inner structures in place which interfere with your ability to create or modify reality as you would like to? All of those structures are applying energetic "pressure" to any given reality that you are observing. The stress, tension, or other agitation that you normally feel may simply be a result of those complex subconscious structures and the inner discomfort they cause you. And just because those beliefs, memories, and feelings are all linked together doesn't by any means indicate that they therefore agree with one another! We all have the ability to hold onto entire sets of beliefs that are opposed to each other.

Haven't you ever tried to reason with someone who just *couldn't* hear you? They believe in A but not in B. And you know that if A is true then B must also be true. Or they believe in both A and B, but you know that both cannot be true at the same time. Our minds can make links between opposing ideas even though they don't make logical sense. Remember, the subconscious mind isn't *logical*. It's built on *feelings* and *memories*. So it doesn't *have* to be logical! It doesn't care to be! Most people go through life with what is referred to in the realm of psychology as "dissonance"—a disharmony within one's own self. I believe that it is generally this internal dissonance (which you often aren't even are of) that is the cause of inner feelings of tension and agitation that you may find yourself experiencing.

Tension, in and of itself, influences the way that your subconscious mind *observes* reality. If you work to change how you observe things, but you maintain an inner tension that actually supports the opposite reality, then you are fighting against yourself! This is why releasing that tension can actually trigger changes to "snap" into place. Remember the idea of *flow*. Various

energies are applying force and pressure to a situation. Your magick gets you into a subconscious *observation* of reality, which is one of those forces. This is putting pressure on the situation to change it. Remove the opposing forces that are holding it in its current pattern (tension, need, or other attachment coming from your subconscious mind), and you free up the Universe to allow the flow to move in the direction that you desire. This is really a simple concept at its root, but it's something that so many people completely miss!

Still, it can be difficult to dig into your deep inner mind with the purpose of resolving your own contradictions, limiting beliefs, or negative feelings. But trust me, it is certainly worth your while to do so! When you step into working magick, imagine how your inner being "looks" to the Universe. You already have all of these unconscious structures in place. These will influence the energy you are moving around, unless of course you know how to deal with these structures. Now imagine how your inner self might "look" after you have resolved, eliminated, or otherwise changed all of those subconscious structures that you don't want any more. Then, when you step into a magickal place, you are free to move energies around without being restricted by those unknown influences. It would just *flow* so easily!

Emotional releasing techniques are designed to target these unknown, unwanted, and often harmful inner structures so that you can consciously replace them with the ones that you choose. And this is why emotional releasing is so important for working magick. It's also why *letting go* is the concluding step to working Mind Magic. And it's why *releasing* is often the trigger to "kick in" the magick you have just done. Releasing your magick in the moment provides a way to bypass the influence of these internal structures in order to alter reality more freely. But what if you could, on the side, work on permanently removing those internal negative structures that are holding you back? Can you see how this could make working magick easier and easier to do?

In this chapter, we're going to discuss ways to clean up your own subconscious "issues" so that you can more easily practice "detachment" while working magick. I'm also going to give you a number of specific, practical methods for practicing detachment *in the moment,* right as you are working magick. And if you have any significant issues that you have trouble getting past, I'm going to point you to some powerful tools that can help you resolve them.

Practicing Detachment

The idea of practicing detachment is ancient. It is a primary concept in a number of eastern philosophies. Taoist philosophy encourages being "detached." The Tao Te Ching says, "He who is attached to things will suffer much." This may be referring to mental and emotional anguish. Buddhism supports this idea of being detached as well. In Zen Buddhist philosophy, detachment is a central concept. Hinduism also teaches that one should be detached from the results of their actions. The Bhagavad Gita and various Vedic texts reference this idea.

These ancient belief systems had various purposes for teaching the practice of detachment. I think they were onto something! While I don't have all the same purposes, I understand the tremendous value of this practice. Some people take detachment as far as the idea of not being attached even to your loved ones (children, parents, spouse, friends). Don't confuse the concept of being *attached* (mentally stuck on something) with the concept of being *attached* (connected to someone) when it comes to your relationship with other people. While the idea of detachment still applies if you are working magick for a loved one, it does not follow that this means you aren't connected with that person.

Connection in relationships is vitally important! But don't let your *care* for someone turn into *attachment*. Stay detached while working magick for others. This doesn't mean that you don't care about them! For example, let's say you are doing healing work for a good friend. You may be quite *attached* to them (love them, are connected to them), but don't be *attached* to the outcome of your magick (mentally stuck on what happens). I love my wife and children tremendously, and I have a deeply connected relationship with each of them. Yet, when I go to do healing magick for one of them, I understand that being *attached* to their wellness will get in the way of the flow of the magick. I have learned to be "okay" with whatever the outcome is. This generally causes the magick to kick in and take effect.

Practicing detachment in general can help you release more easily when you work magick. If you are a Zen Buddhist, you will be familiar with the idea of staying *detached* in your daily life (giving "no thought" or detaching from your thoughts). Just apply that feeling of *detaching* after you work magick.

Chances are, you aren't a Zen Buddhist, and it will take you some practice to learn how to go through your daily life without attaching to everything you "try" to do. Regardless of what your philosophy or religion is (if any), it will benefit you to learn *how* to detach. Not only will you experience less stress and tension normally on a daily basis, but you mind will be primed to *let go* easily.

I first learned the power of this detachment years ago, almost by accident. I would work magick on something in a powerful way. I would focus hard on what I desired. I would *see* it in my mind, *feel* it in my heart, and strive to convince my deeper (subconscious) mind that it was *already* as I desired it to be. At first, nothing would appear to change. So I would figure, "Oh, well!" and *let it go* without even meaning to. It was almost a mindset of giving up on it, but not in a disappointed or defeated way. I simply made it not important. I didn't "care"—meaning that I felt like nothing had to change. The magick didn't *have* to work. The results of that magick would then astound me! Reality would either suddenly shift for me, or I would later find that it had already shifted and I didn't even notice when! This happened over and over again so that I was able to pinpoint exactly what triggered the change. These experiences gave me a deeper understanding of the importance of true detachment.

But there is more that I learned. I found that similar results occurred when I released my attachments to *either* positives or negatives. What do I mean by this? I will explain: When you connect with a given reality in order to alter it with magick, you may have two different sets of attachments related to the change that you desire. One set contains attachments to the *positives* of what you want to change. That is, you are emotionally attached to getting what you desire (you want it really badly). The other set contains attachments to the *negatives* (what you are trying to change). That is, you are emotionally attached to *not* experiencing the existing reality any longer (you can't tolerate it).

The practice of detachment teaches your mind to let go of any "hold" you have on *either* the reality you are dealing with (current state) or the reality you would like (desired state). **To free up your magick to flow most easily, learn to let go of your attachments on both sides of a reality.** This means learning to be "okay" with things as they are and "okay" with not having things as you desire them to be. This brings us to a discussion of resistance.

Dissolving Resistance

If you are following everything I've taught you so far about working Mind Magic and you aren't seeing the changes you desire, you may have inner resistance to those changes. Resistance is similar to attachment but not exactly the same. *Attachment* tends to hold realities in place by creating *resistance*. Think of resistance as energetic friction—it makes it difficult for energies to move. This resistance can work (apply force) in either direction: resistance *to* change or resistance to *not* changing! When you release all attachments related to a given reality, you dissolve the resistance that is created by those attachments. This frees up the energy that is flowing around that reality to move in a different way than its been used to flowing. This is exactly what you want for working magick! So how do you dissolve resistance? You remove what is causing it.

While there can be a variety of causes for emotional resistance, fear is a primary cause. Put simply, you tend to resist what you fear. Sometimes, your mind may think of the worse case scenario for a given reality. If you fear that, you create a wall of resistance to it. It's fine that you don't want that worse case scenario. Of course you don't! But not wanting it fearfully can make you think about it a lot. If it's something you are mentally "running from," you are actually giving it energy—resistance energy.

To remove the resistance created by such fears, try this exercise: Go ahead and think for a moment about the worst case scenario. Face it. Yes, face your worst fears about the reality you are dealing with. With this worst case brought up to your consciousness, decide that you are okay with it. I know, it may seem quite terrible—but be "okay" with it anyway. Decide that you will be thankful, even in that situation. Be firm about your decision. You are okay with it, and you will be thankful even in the worst case. This exercise can help dissolve any fears you may have about something "bad" happening. Most outcomes are far from the worst case anyway. So why bother fearing it?

If you did the above exercise, don't leave that vision of the worst case remain in your mind. After you have released the fear of it and you are okay with whatever happens, switch your mind to the best case scenario for the situation. Notice how much easier it is to focus on that now that the fear is diminished. The vision of a better outcome can more easily sink into your

being.

If you aren't mentally running from a worst case scenario, you may simply have a fear that nothing will change—that things will remain the same and you will have to continue living with them as they are. In some cases, no outcome to your magick may seem terrible. This fear of things staying the same is actually creating resistance to anything changing! So do the same thing here. Dive into those feelings. Decide that you are okay with things as they are. Decide that you will be thankful for everything as it is now, even if nothing ever changes. This is actually deep self-work, as you are dissolving fears and resistance within yourself.

Perhaps you have resistance to the positive side—to the results of the magick working. You might have fears of the unknown, and creating a change with magick may bring you into that unknown. Subconsciously, we tend to stick with what is familiar to us. We are comfortable with it. We can live there. Yes, we will even stay in awful situations because we are so accustomed to them. That is, we know how to deal with them. If we change things, we step into the unknown. So, there can definitely be inner resistance to the changes you *think* you desire. Dissolve any resistance you have to the "unknown future" that might come as a result of your magick. You can do this in the same way. Dive into the fear of the unknown. Let yourself be okay with it. Decide that you will be thankful no matter what. Your goal here is to resolve any feelings of fear that are related to actually changing a reality to be what you desire. Resolving that fear will likely dissolve the resistance you have to the desired reality.

When you make a decision to be thankful *no matter what,* you are deciding in advance to avoid complaint. You are telling the Universe that you will not complain, inwardly or outwardly, whatever the outcome may be. This works very well to dissolve resistance to either feared or actual reality. If you get to where you are no longer internally fighting against any reality (whether the current one or the desired one), then you are no longer *resisting* it. And since attachment creates resistance, you probably aren't *attached* any more either.

Of course, this "diving in" method is not the only way to remove resistance. If you can identify a particular resistant energy you have to something, you can always use Mind Magic to dissolve it directly. You can wrap it in an energy sphere and shrink it away into nothing. Or you can use destruction

energy to annihilate it. You could also use relaxation techniques to dissolve resistance. Deep meditative breathing while focusing on your resistance can enable you to just breathe it out and blow it away. Whatever method you use, you will go through similar feelings as you *feel* that resistance being deleted from your being. And you will likely experience the gratitude and joy that results from it being gone!

The energy of *resistance* is just one form of attachment, and it is typically based on fear. Our discussion here has been focused on dissolving internal resistance within yourself. There are other emotional ways that you may be attached to things, and it would benefit you to do some deep inner releasing and emotional processing so that you can be free from all of those attachments. I highly recommend such deep inner cleansing, but I know that this can take some time. For now, I'd like to give you some tools to bypass all of that. The next section gives you practical methods to side-step all of your attachments and practice deep detachment *in the moment* of working Mind Magic.

6 Methods For Deep Detachment

See. Feel. Know. Let go. Most people can visualize—that is, they can *see* something different in their mind's eye. Most people can direct their feelings —that is, they can imagine what it would *feel* like in that different reality. But few people truly understand how to control what they *know*. Many struggle to *know* that the thing they desire is real, especially when it's not their physical eyes seeing it as real. As I mentioned back in Chapter 3, the *letting go* step helps you to sink further into *knowing*. Just as the first two steps of Mind Magic revolve around each other, so do the last two steps.

If you're having trouble letting go of or detaching from the results of your magick, this section gives you several methods that can help you remove those attachments—or at least go around them so that your magick can flow more freely. We've discussed a few of these practices in bits and pieces throughout this book. Here, in this section, I'm giving you six methods for deeply detaching from any reality that you are working magick on. These are designed to be used at the end of your magick—either after you've just shifted some energy around with a specific Mind Magic methodology or at

the end of an entire magickal session. This final step of *letting go* is designed to bring you more fully to the *knowing* point. Now let's get you there!

Set Aside

I described how you would "set aside" your intention for what you are changing with magick in Chapter 12, then I gave you an example of this in Chapter 13. Now I'm going to teach you how to use this same basic idea for negative energies. Sometimes, while you are working magick, you may identify a negative structure within yourself, such as doubt. Or you may simply see a negative issue in the reality you are working on. You now know ways to encapsulate that negative energy and destroy it. But sometimes it is not destroyed so easily. For example, let's say you just can't keep yourself from seeing a certain negative outcome in the reality you are connecting with. That's okay. This "set aside" method will allow you to get past it.

Here's the trick: You have identified some unwanted energy, either within yourself or in the reality you are altering. Perhaps you have attempted to destroy it or cast it away, but you are still seeing it there (at least partially). Just take hold of that negative energy with one hand and *set it aside*. Move it up into the left "corner" of your working space. Allow it to just be there. You don't have to eliminate it. You're just setting it aside—just for the moment—so that you can finish the magick you are working.

Here's what this does: By allowing it to stay but just moving it aside, you have stepped out of fighting against it. This helps to remove any resistance you have to that energy. And it allows you to remove your focus from it so that you can more freely work on the reality you are connected with. It enables you to more fully utilize the quantum observer effect to see that reality as you desire to see it, without any negatives getting in the way! There is no struggle against those negatives. You have only set them aside temporarily. They "think" that they can just come right back when you are done, so they don't resist. By setting any negatives aside in this way, even just for a few minutes, you have gotten past the *observance* of any negative reality. This allows you to focus on the desired positive reality more clearly.

The funny thing about this method is that, without struggling or fighting with negatives, you have made the positive reality so much easier to see! The quantum possibilities of those negatives can then more easily detach from that reality, freeing it up to be configured into something else. As a cool side

benefit, this method often results in those negatives disappearing anyway. Or, as you focus more on the new, positive reality, the negatives become shaky and unstable. Later during your magickal session, you can look back at that place where you set them aside and destroy them more easily—or maybe you simply forget about them and never look back!

Here's how I use this: If I'm working magick on something that I see an obvious negative to, I will often just *set it aside* instead of directly destroying it. Maybe it's an injury that just happened, and it's hard to see past that. I won't fight it. I'll just move it out of the way of what I'm seeing, allowing it to stay (for now). Then, as I work on creating a new reality, my confidence in that reality will grow the more I work on it. At some point, I may remember that I left some negative energy up in the corner. I'll glance up at it and see that it's already fading—it's ability to sustain itself is collapsing. Then I will quickly encapsulate it in a sphere, grab it in a hand, and cast it into a destruction furnace. I typically find that at this point it is weak and easy to destroy. It's like I tricked it by implying that it could stay up there in the corner, and then double-crossed it later. No, you don't have to be nice to negative energy!

Look Away

The idea of "looking away" is quite powerful! This is the technique of temporary distraction that I mentioned in Chapter 12. After you have made a significant change with magick, you create a sudden mental distraction for yourself. This brings your mind *away from* whatever you were working to change. Essentially, you *look away*. Shifts in reality will often occur right then, in that moment when you stop looking at it.

This is a form of letting go. It's like you're telling yourself, "Oh, this is already done, so I can move on to something else now." Since you've stopped looking at the reality, at least for that moment you are not doing anything to create a change—because you're already done! This quick distraction method triggers a deeper release which can cause your magick to kick into high gear. It works like this: You just moved energy around. You felt and saw various changes to reality. Then you quickly and suddenly distracted your mind, completely *letting go* of that reality and focusing on something else entirely. Your intention is still there. The changes you just made are hanging about in an energetic state. Your focus has been on the new

reality. And then you suddenly just "forget" about it for a moment.

Sometimes the quantum shifts that come about in that moment of temporary distraction can nearly knock you over! I have had times when I'm working some magick in my office and someone unexpectedly knocks on my door. It has distracted me for a few seconds. It's like I forgot what I was doing just then. And then—*Boom!* When I regain my focus, I find that the reality has already shifted. The distraction was an accidental benefit!

As I stated before, I think that when the brain shifts gears so suddenly, it loses the focus it was holding on the reality. This sudden shift in focus distracts the conscious mind, leaving the subconscious mind still fixated on that reality—alone. Your conscious mind is abruptly "out of the way" for a moment. Since you've been working on impressing your subconscious with the new reality, it's free to work its magick through the power of observation! This is a level of *letting go* that you may not normally get to through other means.

If you want to deliberately create this kind of sudden shift in reality while working magick, you will need to create a temporary distraction for yourself. I suggest that you plan in advance what you will distract yourself with. It can be something as simple as an idea in your head. It can be a memory of a relaxing vacation or time of intense pleasure, a project or goal that you've been planning, or a complex problem that you've been working on. Choose something that your mind can lock onto easily and swiftly. Then, during the magick, after you have made some significant shifts (after you've used a methodology or perhaps at the end of an entire session), you suddenly and deliberately shift your mind onto your chosen distraction. Lock onto it and let yourself completely forget about what you were doing! Let any shift which is going to happen naturally happen. You may feel this strongly or you may not. Either way is fine.

Remember that you don't want to stay distracted as you continue to work your magick. After a few moments (and this can be as little as just a few seconds), bring your mind back to focusing on the reality you are altering. If you are continuing with your session, this is a good time to check on things and see where they are at. You may want to go back to the Mind Magic palette, tune in to your intuition, or look back at any energetic structures in your working space to decide what to do next.

Don't Care

This method is a pretty simple emotional experience. I'm sure you are familiar with what it feels like to "not care." I'm sure there are things that you *just don't care about* in life. There are probably things that other people have expressed their concern about but which you think aren't even worth a moment's thoughts. It doesn't mean anything to you. You're emotionally detached about it. You simply *don't care*. That's the mentality you want to tune into here—the feeling of *not caring*. Nonchalant. Careless. Indifferent. Unconcerned. The trick is doing it at just the right time.

And the right time for implementing this detachment method is the same as with the others—when you have just finished making a significant shift to reality or when you are finishing up a magickal session. The idea with this is that you have been focusing on the changes you are making to reality, moving energy around or whatever. When you get to the *letting go* point, you just decide to completely *not care!* You *don't care!* You *no longer* care! You *give up* caring! You've given up any concern, and you've given up putting any more effort into it. There's a subtle feeling here that you *don't have to care* because the change is *already done*. There's nothing for you to "do" and so you don't bother doing anything!

If you do this correctly, you will likely feel a shift when you move from focusing on changing a reality to suddenly *not caring* about it. It is like you are inwardly letting go of any hold you have on that reality. This is truly a deeper *release*. Allow this to shift into the *feeling* that the change is already done, regardless of anything you did, so you *don't care* about anything changing. You don't even care that it's already changed! You accept it, but it doesn't matter to you. You are now indifferent to that reality. Remember, the idea here is that you are tricking your subconscious mind. You are getting around any attachments that you have to that reality which you haven't taken the time to properly deal with yet.

Delegate

The idea of delegation is that you are handing over the job of changing reality to something else. One key difficulty many people have with magick is the idea that they themselves have to change reality. If you believe in the principles of magick but you have difficulty believing that *you* have that power to alter reality yourself, then this may be exactly what you need.

When it comes down to it, I don't have to modify reality. I'm just directing Universal Energy using the quantum observer effect as a guide. It is the quantum observer effect itself—or the laws, power, and energy of the Universe Itself—which actually changes things. I have put some influence into how energy is flowing, and then I just "back off" and allow the Universe to make the change. I can't really say for sure that it's the Universe, or its laws, or the quantum observer effect that actually does the action. I just know that it works—and I've figured out a lot of ways to make it work!

To utilize this method, you're going to work Mind Magic using the methodologies as you've been taught. Then, at a significant stopping point, you're going to delegate the effort to make any changes to reality. Delegate it to the Universe or to the natural law of the quantum observer effect. Either is fine. You're just going to completely *let go* and allow this "other thing" to do its job. Remember, the observer effect has been doing its magickal job for billions of years. It may be the key principle behind the creation of the whole Universe. So trust it with your tiny little change. It can handle it! Piece of cake!

Once you delegate, there's nothing further for you to do. You already set up all the energy structures as you desired them to be. Now you've handed it over, and it's no longer your responsibility. So *let go* of it! It's like you are shooting an arrow from a bow toward a target. You pulled back the arrow. You carefully aimed it right at the bullseye. You visualized it hitting that bullseye. And then you released it! There's nothing else for you to do! You don't try to adjust the arrow while it's in the air. You just trust. You've already put forth your best effort to aim at the target, and then you've let it go! You have now delegated the path of that arrow—and its eventual destination—to the laws of nature. All that's left to do is simply trust.

Experiment

For this method of removing attachments that you have to changing a given reality, you're going to consider that what you are doing is an "experiment." This comes from the concept of performing scientific experiments in the realm of quantum physics. Modern physicists understand that every quantum experiment is affected to some unknown degree by observations at a microscopic level.

The idea here is that you consider that every bit of magick you do is like a

quantum experiment. You know that your observation of reality will alter it. You just aren't sure exactly how that alteration will appear. By viewing the results of your magick as an experiment, you detach from the expectation of those results being any particular way. From one point of view, virtually everything we do in life is just an experiment anyway. We don't truly have guaranteed certainty in anything.

So here's how you would use this method: After you have done some magick (or at the end of your session), you would take a step back (mentally) from the energetic changes you just made. You then sink your mind into the *feeling* of your magick being only an experiment. Say something to yourself like, "Oh, well! It's all just an experiment anyway!" It's a feeling that nothing has to happen, because, after all, you're just "testing things out." If you can really digest this idea, this *feeling*, then you can truly *detach* from any needs you have that are connected with the reality you have modified. There is no concern, no pressure, no need for change. You're just experimenting. You worked the magick. Now you just *let it go* and watch peacefully for the results. If you can get into this feeling and detach in this way, I think you will find that your "experiments" have pretty good results after all!

Already Done

Most of the detachment methods given so far have to do with getting your subconscious mind to that state of *observing* your changes as already done. But this one is a more direct connection to that mental state. It's a deeper "letting go." It's fully realizing that nothing *has* to change because it's *already* changed!

If you can *see* and *feel* that it's already changed, then you can easily *let go* of needing anything to change. It's like you are saying in your conscious mind, "Okay, I'm done here!" And then your subconscious just goes along with that. This is a state of mind that is devoid of any angst or pressure or waiting or hopeful expectation for a change. In this state, you are completely relaxed —on the inside—just as you would be if you were already experiencing the desired result!

Remember the difference between *trying* and *working* that I described in the last chapter? You've done the work to carry out the magick, and then you let go because it's already done! It's like you're saying to yourself, "Okay, this was a bit of work, but now it's done!" And then—*whoosh!*—energy

structures shift.

All of these methods for deep detachment can results in sudden and powerful shifts to the reality you have connected with and altered. Be prepared for that. It can make you feel woozy or even knock you over! When you experience such shifts, think of them like this: As you used Mind Magic to alter reality in an energetic way, it's like you were creating a blueprint for the new reality in your mind, building energy structures, connecting things, moving stuff around. Then you let go of it all and, *Boom!* That blueprint of energetic structures gets implemented into reality—suddenly, swiftly, and effortlessly.

Note that even if you feel powerful energetic shifts to reality, you may still have only altered the *flow* of that energy. More changes may be yet to come. You may later be inspired to do something that seems to magickally alter the reality that you were working with. If so, just go with it! Be open to whatever changes come, either instantly or later on. Trust the magick and *let go* of having to control the results! If you do this often, you will learn that this is the best way to work powerful reality-altering magick.

Releasing Stubborn Blocks

Before I close this chapter on the power of detachment, let's step back into the realm of the subconscious mind. Remember that the subconscious is your storehouse of emotions, feelings, memories, and core beliefs. It's also your protector. Your subconscious mind isn't logical—it's reactive. It responds to stimuli, situations, experiences, fears, and a host of feelings.

Because the subconscious is trying to protect you, and because it bases it's actions and responses on your feelings and memories, it can react poorly to anything that triggers past trauma. Often, your inner mind tries to resolves such trauma, but it doesn't understand it logically. So, it may bring up trauma to your conscious mind—over and over again. I believe that the reason it does this is to get your conscious attention. You can then evaluate that inner trauma logically and make the decision to resolve it or not. I think this is why unresolved traumas keep coming up to the surface. This is how we are built, how we are programmed at a core level. If you want to resolve major issues within yourself, you need to let them come up, face them, and decide that you aren't going to tolerate those issues any more. You're going to resolve them!

That said, I know that this can be a very difficult process. You may be using the various methods I've taught you to destroy negative feelings. You may have learned how to let go of attachments in the moment. You may now be practicing some of the deep detachment methods provided in this chapter. But you may still have difficult issues in your life that you can't seem to adjust or get past. These are typically either isolated traumatic experiences or long-term issues (which can create ongoing trauma). Perhaps you have a lifelong medical condition (or some health issue that's been going for years). Perhaps you've struggled with finances all of your life. Or maybe you're primary relationship is very difficult. Fixing these things with magick is certainly possible. There is no limitation of the power of the Universe to alter reality! Any limitation is in your own mind. Long-term issues are often buried deep within the subconscious mind. Yes, you can resolve them, but it may take a bit more work. Note that I said work—not trying.

You won't always be aware of deep, unconscious trauma. Your subconscious mind has an amazing ability to bury things up and bring them to the surface only when something triggers it. Similar situations, feelings, words, people, or anything that resonates with the stored feelings of the trauma will tend to trigger it. So how do you know if you have such buried up issues? If the magick you work generally brings about great results except in a particular area where you continually seem to hit a wall, you probably have some deep unconscious feelings that are blocking your magick in that area. For example, if you keep working magick for your primary relationship, and it just keeps bouncing off, look deeper. You may have some significant unresolved issues that are preventing you from making the changes you desire. You might have to dig up those issues, process them consciously, and then reprogram your subconscious mind with new feelings—the ones you choose to have instead of the old ones.

To illustrate this, I'll tell you a story about my back. Many years ago, I had sustained a significant back injury. This was long before I began to study magick. I was a fairly young man, and yet I suddenly needed help lifting heavy things and doing common tasks. Frequent chiropractic visits helped, but I was stubborn and impatient. I wanted to do things myself and not need help. Then my wife convinced me to repeat a statement to myself that I had a "bad back" so that I'd be willing to let others do things for me. At the time, I believed that I was just acknowledging an existing problem. Now I

understand that I was actually reprogramming my mind. I did this for a few years until I had thoroughly digested the idea of being a guy with a "bad back."

When I began learning magick, I wasn't confident enough to fix my back. But I did learn that I had programmed myself with a negative feeling that I no longer cared to have. So I began telling myself that I had a strong back. This made a tremendous amount of difference, but it was not miraculous. I still saw a chiropractor frequently for back issues. Over a period of years, my back slowly improved. Then one day, it dawned on me. I didn't need chiropractic care! I could just take care of my back myself! So I worked some magick on myself. I decided to see my back as "healthy and strong." I *realized* that I didn't need chiropractic care at all. Almost immediately, I learned how to do my own back stretching and twisting that enabled me to skip those time-consuming visits to the chiropractor. In this case, the result of the magick was that I learned how to take care of my own back and ease it whenever it was aching. It's now been years since I've had chiropractic care. My back is healthy and strong, and I can lift heavy weights without any issue.

But the story isn't over. About a year ago, I was moving some heavy objects around in my yard. I was on the phone at the time, and I held the phone in the crook of my neck. Apparently, that was a bad idea. When I came inside, I had a sudden shooting pain that went up my back. I thought I would just do my normal stretches and twists and it would be fine. But I was wrong. The pain became more intense the more I moved. I couldn't even get into the positions to twist or stretch the way I normally did! I couldn't bend over, and it soon became painful just to walk. My mind screamed that I needed a chiropractor to fix this. It was so painful, I could hardly even focus.

Thankfully, I became aware of what was going on in my subconscious mind. I could feel its nudging, for this new injury felt similar to the severe one I had long ago and which caused me to need years of care. It was as if my subconscious was bringing this back up to the forefront of my consciousness to test me and see if I was really done with those back issues or if I should go back to needing chiropractic care. It also brought up the fear of being temporarily disabled for a period of time. I took the energy of the pain I was in and pushed it aside, just enough so that I could focus. Then I made a firm decision: "No! I'm not going to a chiropractor. I'm taking care of this myself!"

Although each stair was painful, I went upstairs to my office and worked some magick on myself. I used a timeline to "correct" the events that caused the issue. I used vibrational energy to adjust my back into its proper alignment. And I did what I could to destroy the pain that I was feeling. About 15 minutes later, I came down the stairs in far less pain. I then went on with the rest of my day as if everything was normal. I had some shooting pains here and there, but I persisted in the new reality I had created. By morning, my back was fine, and it has been fine ever since.

I told you this story to make the point that even though you may have inner traumas, even hidden ones, you *can* resolve them. And even if you think you have resolved something, it can come up again later—as if your subconscious is checking in to see if you really meant to resolve it. If you have long-term problems in life, I do understand. I'm not discounting how real those things may seem to you. I only want you to understand that you can exit that undesirable reality and enter into a new one.

As humans, we tend to get into the dichotomy of problems versus solutions. We think that we have to have a *solution* to solve a *problem*, because that's what we've been taught. But it isn't really true! If you focus on creating something new, where the problem doesn't even exist, then you don't *need* to solve that problem. You can just bypass it and move straight into a different reality. You didn't "solve" the problem—because there is no problem to solve any more! You just made *changes*. I didn't solve how to fix my back. I don't really have an understanding of how to fix back problems. But I do have an understanding of how to exit *looking* at a problem (or *looking* for a solution to it). So that's what I did. I connected to the reality I chose and then entered into that. More specifically, I tuned into the *feelings* of having a healthy, strong back that felt comfortable and good. I didn't have to solve the problem. I just had to change the inner feelings around it!

You *can* do this, even with major issues. Let go of the negative that you see there and focus on the positive that you desire. Stop "looking" at the problem! Look instead at the inner feelings you have about the issue. For problems that seem too "big" to deal with, approach them in pieces. Tackle one small issue at a time. If it's a long-term money struggle, take on your budget first. Fix it with magick. Then begin to see increases in the flow of money, leaving you with extra money left over each month. Then move on, progressing your mindset into one of more and more abundance. If it's

complex relationship issues, break it down. Deal with one aspect of the relationship at a time. If it's a major health issue you're dealing with, tackle one symptom at a time. Don't feel like your problem is just too big to use magick to change it. That's all in your head! Shrink the size of the issue in your mind. Put that "huge" problem into an energy sphere and shrink it down to a manageable size. When you do that, you can easily "see" just how small your problems can become! Or you can focus on small parts of the issue and work on those.

As you deal with any major issues, bring up your stored inner feelings about them. Find the negative feelings you have locked up about those things. Some of them may be quite painful to bring to the surface. That is expected. It's part of the healing process. I recommend that you remove any inner blocks that you become aware of—however you have to do it! Use destruction energy to release those feelings from your subconscious mind. You can refer back to the practice section in Chapter 9 for an example of how to do this. You may want to create a magickal session just for the purpose of removing these negative energies. Detach from your need to hold onto these feelings. Dissolve your resistance to keeping these issues and your resistance to letting them go. The methods of deep detachment explained in the last section may be helpful as well.

If you've done all of that and you still can't seem to let go of a past trauma, issue, or emotional block, then it's time to hit it harder. I do understand the struggle with actually releasing traumatic feelings that are buried in your subconscious. It can be difficult. Aside from personal counseling, there are a couple of great programs I would recommend that can help you remove negatives that are buried deep within. These are systems for releasing and changing your inner feelings. Both of these systems work by first bringing up specific negative feelings—allowing them to be there. Once you acknowledge and accept the presence of those feelings, and you decide to process them, you gain power over them! You can then release those feelings more easily. These programs can help alleviate deeply-seated subconscious beliefs, feelings, traumas, and memories about yourself, your health, your finances, your relationships, and all major areas of life.

The first of these systems is called The Sedona Method. With this method, you bring up whatever feeling or issue you are dealing with. Then you ask yourself a series of questions that allow you to acknowledge the feeling,

make decisions about letting it go, and then actually release it. I recommended this system highly in my first book. I still recommend it. I used this method for years to process countless issues in myself. I found that it works astoundingly well. However, the complete system of The Sedona Method may be a bit cost-prohibitive for some people. Last I checked, it was a few hundred dollars. It can also be very time-consuming to get through it all. However, it's time and money well-spent, as it can completely change your life (it did for me).

There's another system that I've learned about more recently and which is far less expensive, both in time and money. It's called EFT (Emotional Freedom Technique) or "Tapping." You may have heard of it. This system involves tapping with your hands on a variety of specific points on your body while repeating phrases about a particular issue or feeling. There is a tapping process that moves you from acknowledging negative feelings, to releasing those negative feelings, and finally to replacing them with the opposite positive feelings. There's even a free app that goes along with this system called The Tapping Solution. The app includes guided tapping sessions (some free and some paid). It allows you to rate your negative feelings on a scale of 1 to 10 both before and after the session, thus enabling you to track how much better you are feeling in the area that you're working on.

I have used tapping myself, including The Tapping Solution app, and I've found it useful at reducing negative feelings. It doesn't go as deep as The Sedona Method, but it is still quite effective. And I like that tapping incorporates the hand-mind connection into resolving inner feelings, as this is more congruent with Mind Magic.

Both of these are great programs for your own self-development. You don't need these programs. But if you find yourself hitting up against deep inner blocks that you don't know how to remove or get past, either of these systems may be able to help you. And as I said before, however you have to, I strongly recommend that you remove subconscious blocks within yourself as you become aware of them. Free yourself from your own inner subconscious traumas, blocks, issues, and limiting beliefs that are holding you back. Not only will this process bring you more peace and happiness, but it will enable you to steadily progress in magick.

This chapter has given you a variety of methods that you can use to release

your own attachments to reality (to it changing or not changing) which you can use while working magick. It has also taught you some ways to resolve inner blocks so that working magick becomes easier and easier for you in the future. On that note, we'll move into how to further develop your magickal skills and power.

16. DEVELOPING YOUR MAGICK

Power comes through repose; it is in the silence that we can be still, and when we are still, we can think, and thought is the secret of all attainment.

—Charles F. Haanel

Keep Practicing

This final chapter is here to help you develop your magickal skills, making you stronger in magick as you move forward into an empowered future. To become proficient at any new skill, you need to *practice* it! Magick is no exception to this. The more you practice Mind Magic, the more familiar you will become with the methodologies and the subtle nuances of how they can be used to modify energy structures. That is, you will become familiar with *how it feels* to alter reality in various ways. And, of course, the more you become comfortable with making such alterations, the more confident you will grow in your ability to do so!

As you practice magick more and more, pay attention to the results that you get. Don't watch for results in an attached way. *Detach* and *let go* as I have taught you, but *stay aware* of things that change as a result of magick you have worked. When you do this frequently, you begin to learn how specific changes to your inner feelings and your subconscious observation of reality actually took effect in the reality that you observe later with your physical eyes and regular senses. You can then trace the changes that occurred back to your specific thoughts and feelings to see how they influenced the outcome.

This is one of the best learning processes I know of! It's like you are creating your own personal feedback loop with the Universe. This is the process of creation! The Universe is on your side and wants you to learn it well. I truly believe that there is an overall universal push to continue the process of creation at all levels—to increase the organization of life and of all reality. Therefore, teaching *You* how to effectively use magick to powerfully alter reality in the direction of increased organization is in line with the drive of

the Universe. It's truly on your side! Always remember that! Work *with* the Creative Power, and you won't need to fight or struggle.

So keep practicing! The more you use the Mind Magic methods, the easier they will become. You may even come up with your own specific ways that you use the methodologies—little tweaks here and there. That's all fine, just don't get too stuck on the methods themselves. Remember that the real magick is worked when you change how you truly and deeply *feel* inside and how you are actually *observing* reality around yourself.

Another word of caution here. I have mentioned it before, but it's worth repeating. If you get into too much of a routine with the methods—that is, if you become so used to using them that you are no longer focusing—then change it up! It's important to keep your focus when you work magick, except when you are deliberately distracting that focus momentarily. To maintain sharp focus, don't become too accustomed to the way you use any of the Mind Magic methods. You don't want to get lazy about them! There's good reason that there are several ways to carry out each of the methodologies. Not only do they give you a variety of techniques for changing energy structures, but they help to prevent you from getting stuck in a rut.

It's good to practice certain methods over and over again, as experience will enable you to mentally and emotionally hone in on how you work magick. Just remember to frequently change how you execute the magick. It will keep it interesting so that you will be able to maintain better mental awareness. As a side benefit, the more methods and sub-methods you learn to use proficiently, the more flexibility you will have in manipulating energy structures—and thus the more power you will have in magick! So refer back to the chapters on the Mind Magic methods (Chapters 5 through 10) and refer to the table in *Appendix A* to help you learn them. Use each of the sub-methods at least a few times. Practice them frequently! Get a feel for how each one modifies energies pertaining to a reality. This will help you to remember them more easily.

How To Fix Mistakes In Magick

Mistakes do happen, even with well-intentioned magick. If you find that

something has happened that appears to be a direct result of your magick but it wasn't at all what you really wanted, don't panic! In most cases, what you altered with magick can be altered back to the way it was or in a different direction altogether. This is your opportunity to communicate with the Universe and with your subconscious mind that this was not what you intended and then clarify what you did intend. It's also possibly an opportunity to identify negative energies within your own subconscious that you can now more easily remove. Remember that negative side-effects in magick are often due to your own subconscious feelings, beliefs, and memories that you may not have been aware of. Or maybe you are aware of them, but it just didn't occur to you how they would affect your magick.

When a mistake like this happens, I suggest that you trace your thoughts and feelings (as described in the last section) to see if you can clearly identify *exactly* what you changed within your own subconscious mind—both in your *feelings* and in your *observation* of the reality that was altered. This will help you to understand how these subtle feelings affected that reality. I also suggest that you then correct whatever subconscious issues you have identified in this process (as explained in the last chapter) so that they don't continue to affect your magick in the future. Remember that when a subconscious issue comes up in your face is the best time to deal with it!

Mistakes in magick aren't always negative. It could be that you accidentally altered something that turned out to be beneficial but simply not what you intended. Or it may have been neutral, not making any significant impact on what you intended to change. Once you are used to practicing real magick, it's actually difficult to work some magick and have *nothing* happen. *Something* changes, however small it may be. Do your best to accept the results that you received. At least, be thankful that you made a change with magick, however large or small. Isn't that awesome? Notice what has been altered in a detached fashion. If it isn't what you desired, go ahead and alter it again. I expect that you will have more knowledge and awareness of the nuances of the issue the next time you tap into changing that reality.

In general, you can always make more changes with magick if your results weren't what you intended. Let's say you altered a timeline for someone or you made changes within their hologram. Then you found that some negative unexpected result occurred. Get back into the magick! Create the same timeline or hologram again and alter it back to the way it was. Or choose a

different path for that person to see what happens. Or make your same modification again to confirm to the Universe what you *really* desire—only this time with more information to guide you. You can obviously make these new changes, since you made the change in the first place! So be confident in yourself and your magickal abilities!

A good understanding about how energy flows can also help you fix mistakes made with magick. You don't always know what hidden forces and pressures are at work in a given situation. These hidden energies are influencing the *flow* of a reality—the rate and direction of how it's changing. A lack of awareness of these hidden forces can cause your magick to "miss the mark." I believe that all magick *can* result in the desired effect *if* you are able to identify and eliminate all of those other forces that are influencing the flow of that reality.

If you are absolutely determined to change something in a particular fashion, I believe there is a way to do it. It may take extreme determination, but it is possible. Work on the situation you desire to alter or create. Look carefully through any issues that are present. This could include deep emotional issues within yourself (such as feelings of unfulfilled desire about it), existing issues in the situation, emotional things in other people, or any other unknown energy structures or forces that are affecting that situation. You may have no idea what is blocking your magick at the start. If you are absolutely determined to make a certain change, continue to work on it. Remember that idea of commitment to your magick? Remove all of the blocks! Pull out all of the weeds until you can *feel*—at least most of the time—like it is already done, already fulfilled. Throw your power into it! Miracles happen! Feel them first! Work your magick with total detachment and total confidence!

All that being said, there is no 100% guarantee with magick. There is no warranty or promise. But there is a customer service desk! Yes, the Universe is quite generous at providing you with whatever information you seek about a situation. If you seek what is blocking something from coming to fruition, you can generally receive that information freely through inspiration. So seek it! Ask a question and listen for the answer! Then follow the guidance you receive. Note that you may not be able to remove all influential energy structures from a given situation, especially if those include blocks or issues in other people, but you can go a long way toward what you desire. Be thankful for the results that you receive and keep moving forward!

What If I Falter?

What happens if you have a major setback in practicing magick? It is common for people to learn a new skill (*any* skill), progress in it for a while, and then set it aside and forget about it. So, what do you do if you have a period of time in which you get out of the habit of working magick, you stop practicing, you don't progress, or maybe you even regress into negative thinking and feelings of powerlessness?

Here it is! This is your answer. This section is here to help you in case you "slip up" in this way. If you feel like you've fallen away from what you *knew*, you've moved back into a more "normal" life, or you've simply gotten out of the habit of practicing the powerful magick you learned here, then flip to the back of this book and reread this section! It has the answers you seek.

Hey, life happens! You may have picked up this book, read it, learned powerful Mind Magic, practiced it for a while, and then put it off. Too many responsibilities, relationships with others (especially those who may not be "into" magick), and any number of other occurrences in life may have distracted you from the powerful path you were on. So what do you do?

First and foremost, don't worry about it! Don't let it stress you! It's natural to have ups and downs. Just get through the downs and enjoy the ups. This is part of learning to cope with the normal pressures of life. Nothing stays the same anyway. Things fluctuate, and that's okay. If you have faltered in your belief, faith, understanding, knowledge, magickal skill, or control of your feelings, then let it go. It will be okay. We all slip up at times. Let go of any frustration with yourself. You aren't expected to be perfect. Let go of any concept of "lost time." Time doesn't really exist anyway, remember? It's always the Present Moment. It's always only Now, and *right now* you have a chance to stand back up on your feet. Yes, you can rise back up after a setback—*any* setback. I know this. I have done it over and over again.

I have had times where I feel like I'm on top of the world—where I feel as though the magick flowing through me is so crazily powerful, I can just decide and do whatever I choose—*anything!* And then I have had times when I feel like none of my magick is working, things appear dark, and faith is low. Truly, don't stress about the low times. Don't give them any power! Don't give them any more focus than they are already taking!

Here's how I have personally gotten through such "low" times: Early on when I first started learning magick, I took notes on my phone. When I'd have a powerful realization (one of those "aha" moments) or I'd do some magick that worked tremendously well, I would write it down, including my feelings. Then, when I had times of feeling low, I made an effort to fix my thoughts back onto how it *felt* when I was at that high point. I would go back and read my notes. I would force myself to *remember what it felt like* to feel the crazy amount of power I felt when I was successful with magick. And then I would smile, as I would realize that it was just *me*. It was simply that I was having an emotional time. It wasn't that magick didn't work, or even that *my* magick didn't work. It was just my human emotions that sidetracked me. And I was experiencing those emotions because I was a real person. And that's okay. It's okay to be yourself—a real, human being.

We are emotional beings. Controlling your own emotions doesn't mean smothering any negatives that try to arise. It means knowing how to process them when they come. Let them arise, acknowledge them, deal with them as you need to, and, when you are done with them, let them go. When those emotions pass, you will likely get back to the powerful feelings that you had before. After a setback, you may come to a higher place of awareness and even more powerful feelings, because you can then look back at where you were and laugh at it. This also gives you more power over such "low times" if they should ever come back. I have personally found that by doing this—*by reminding myself of how I felt when the power was flowing*—it enabled me to get past those times of feeling powerless easier and easier.

So if you are coming back to this section after a personal setback in the realm of magick, then I suggest that you look back at any notes you took while reading this book. Or, if you kept a record of magick you worked, awareness you gained, or feelings you had while working powerful magick, go back and read those now. If you haven't taken any such notes, then maybe you should start. You can always flip through this book again to help you remember the lessons you learned when you read it. Try starting with *Appendix A* as it may refresh your memory of how to use the Mind Magic methods. Or reread Chapter 13 as a reminder of how a magickal session *feels*.

Even if you feel like you really "failed" at magick, and you quit practicing it for a year or more, don't beat yourself over it. It could simply be that your own personal struggles with certain feelings or situations in your life made

you disgruntled with your magick. The feeling of dissatisfaction or disappointment in your own life is a powerful, deep feeling. Do you want to stay there? There's no reason you have to! Get back up on your feet again! Learn to control your own inner feelings about it. This a powerful key to working magick! Rid yourself of your negative feelings and arise again. You are truly so amazingly powerful! So get back up, no matter how many times you've fallen. Get back up, no matter how long it's been since you felt "great." Get back up again, and practice the magick that is in *You*—the magick that *is* You! I believe in you! Can't you at least believe in yourself? I'm sure that you can.

Press on. You can always get back into working magick. It's easier than it may seem. There is no "wasted time"—just wasted feelings. And you can fix those. Yes, you can! If this is your first time reading through this book, remember this section, in case you ever fall off of your path. Know that no matter how many times you may fall away, you can always get back onto the path you were on. Then one day, you may wake up and realize that you don't *ever* feel powerless any more! That's when you truly KNOW your own Power! Then you will be *unstoppable*.

Why You Should Meditate

Control your own feelings and you will control your own life!

If you are in the habit of meditating daily, then great. If you aren't, then I'm going to give you the same counsel you've probably heard many times: You ought to meditate. But I'm not going to leave it at that. I want to convince you of *why* this is so important.

First of all, it will help you to stay on your path of progress and empowerment. If you make it a habit to meditate daily, leaving some time to work magick on a regular basis, you're aren't likely to fall off of the path you are on. You have already tasted that path, and you know that it's good. Maybe you have been on it for years already. Regular meditation can help you stay on it. It gives you some time to stop "doing" so much with all of your other responsibilities in life and to *focus* on what is really important to you. The clarity you can receive through daily meditation will assist you to always be moving forward toward your greatest goals and dreams.

I have been meditating nearly every day for many years. I know and practice a wide variety of methods for meditation. These include relaxation methods, self-talk, body scanning, emotional processing and release, hypnosis, and communication with Spirit Guides or the Universe. Meditation can be used to help center yourself so that you can make clear decisions, to set goals (either for the day or long-term), to address current issues, or to work magick. When my website is up and running, I will post more information about the various types and uses of meditation.

Suffice it to say that if you want to be truly powerful in magick, it is vitally important to work on yourself, your calmness and self-control, and the power and control you have over your inner mind and your feelings. Daily (or at least regular) meditation gives you a plethora of time and opportunities to keep working on yourself. As you do so, you will grow more and more powerful, not just in magick but in virtually every way. You will be able to address any issues you face in life with more confidence, peace, and calmness if you are well "meditated." It's so important that I am planning on writing a separate book on deep and powerful meditation methods. I'm not sure when, but someday.

Imagine a state of being in which you are utterly *imperturbable*. That is, nothing—and I mean *nothing*—has the power to shake you, sway you, or perturb you. Nothing worries, upsets, or even agitates you. Can you imagine the beautiful peace, the utter calmness, the pure confidence, and the intense power that would be present with you constantly if you were able to live in this fashion? Detachment is practically automatic because nothing agitates you anyway. And magick just flows without any obstruction.

Personally, I am on a path toward such imperturbability. As I continue to release all attachments I have to anything and everything, I find that my power continues to increase. I don't see an end to it. Working magick is becoming easier and easier for me. Sometimes, it's as simple as quickly seeing something happen or moving my hand suddenly at something, and I watch the magick work almost instantly. It really can be that powerful! Regular meditation enables me to continually work on my goal of utter imperturbability. I'm not saying that you have to have the same goal—not by any means. But I am saying that regular meditation will benefit you tremendously. It has certainly been a key to my own personal progress.

I have heard people tell me that they just don't have the time to meditate. Actually, they do. It's really a matter of priorities. Most days, I set aside some quiet time for meditating—usually about half an hour, but sometimes longer. If you only have 10 or 15 minutes each morning that you can spare, then start with that! Just do it! It will only benefit you! You will be calmer, have a clearer and more open mind, and probably be less distracted and more productive in your day's work. In fact, the increase in productivity alone will likely be far greater than the few minutes it takes to relax and meditate.

I have also heard some tell me that they just can't meditate because they can't sit still and clear their mind. It's almost painful for some people. While the experience is blissful for me, I can accept that some don't see it the same way. If you struggle with the idea of meditating, here are some tips: If it's too difficult for you to just clear your mind and relax, then don't. Use another meditation method instead. Focus on goals, dreams, personal issues you want to resolve, how to get past obstacles in your path, or even simply your day's "to do" list. To meditate, you don't *have* to focus on black empty space for 30 minutes. I don't actually do that myself! I mix it up. During the daily time that I set aside for meditation, I choose what I want to do with it. Sometimes, I will clear my mind and focus on my goals for the day. Sometimes my mind will work on writing the next chapter of a book. At other times, I will sit and receive inspiration. Sometimes, I'll watch a "Mind Movie" or listen to my own "power scripts." Often, I will relax for a few minutes and then get up and work some magick. Sometimes, I will relax and allow my mind to work on solving some current "problem." Occasionally, I'll do hypnosis or some emotional releasing. In any case, I mix it up quite frequently. And I don't really ever get "bored." So if you struggle with meditation, find methods that your mind can be productive with. Even 5 minutes of relaxing and focusing in the morning can change your whole outlook for the day!

If none of this helps and you still struggle with any form of meditation, then at least schedule some regular time for practicing magick. This will keep you in practice, enabling you to hone and improve your magickal skills on an ongoing basis. My whole point of sharing this with you is that I want you to be *successful*—not just with Mind Magic, but with everything in your life! I love my readers (i.e., *You*), and I want to bless you with powerful knowledge in every way that I can! So I'm going to leave you with this challenge: Set aside at least fifteen minutes to meditate every day for at least five days a

week. Let this be a time for you to relax, clear your mind of all of the hubbub, and experiment with the various forms of meditation I have touched on here. See what works for you. Do this for at least three weeks straight. If you don't find it beneficial, then you can cut it back. But if you do, you may find yourself setting aside more and more time for it. Sometimes I meditate for an hour straight and feel fantastic afterward. I'm not expecting you to do that, but see what you can do. Will you accept this challenge?

A Glimpse Of The Future

Congratulations! You made it through this rather lengthy book on Mind Magic. We've covered a lot of ground. Within this volume, I wanted to make sure you had in your possession all the key points of understanding for a complete magickal system. This includes knowledge of the key Mind Magic methodologies, how to carry out a magickal session, and a wealth of additional instruction to help you progress on your path. I wrote this book with the intention for it to be a reference volume that can be referred to again and again.

I love helping others, I love teaching, and I especially love it when I can bring people to those "aha" moments where something just "clicks." My desire is to continue teaching through writing so that I help more and more of my readers become successful—not only in magick, but with all of life. My goal is to push you forward into a glorious future of *happiness*, *fulfillment*, and tremendous *success* in everything you do! Know that I am on your side to help you along this journey.

As I mentioned way back in the first chapter, I have plans to write several more books, including books on meditation, health and healing, psychic "seeing," and other magickal topics. So stay tuned! Since each of these will be focused on a single topic, I expect that they will be significantly shorter books. If you would like to stay aware of upcoming releases (and receive regular positive motivation to press onward), you can follow me on these social media platforms:

Instagram:	@themerlinstarlight
Twitter:	@MerlinStarlight

You can also follow me as an author on Amazon to get notified of new releases when they become available.

In addition, I will be setting up my website soon. It will be:

merlinsmagick.com

With my current plans, this new website will be available in the Summer of 2020. I will also be creating a blog that you can sign up for at the website. The blog will consist of a series of free articles, written by me, on a variety of topics related to magick, spirituality, meditation, self-improvement, and personal power. I expect that posts will be approximately bi-weekly.

If you want to contact me, you can direct message me on social media or leave a comment on one of my posts. I'd love to hear from you! I can't guarantee that I will have time to answer individual questions, but I do listen to input and suggestions. You may be able to contact me through my website as well.

I did receive input that my first book should be made into an audio book. I have listened to that suggestion, and I will be looking into how to arrange that soon—not just for the first book, but for this one and others in the future.

Well, it's time to say "good-bye" for now. Don't miss the letter to my readers in *Appendix E* (at the very back of the book).

Here's to your success and power in magick!

APPENDIX A: TABLE OF MIND MAGIC METHODS

Methodology	Opening Sub-methods	Working Sub-methods	Closing Sub-methods
Energy Spheres (see Chapter 5)	Hand-Wrapped Grow a Sphere	Expand It Shrink It Change It Snap Into Place Copy and Paste The Merge	Cast Away Fill the Space Energy Pill
Holograms (see Chapter 6)	Made from Scratch Make a Copy	Change It	Step Inside Pull It In Insert It Insert It Remotely
Timelines (see Chapter 7)	It's About Time	Time Change Destiny Now Branching Off Timeline Swap Delete Event	Back to Now Insert It
Flowing Energy (see Chapter 8)	Running Energy - unilateral, back-and-forth, or circuit Tune In - connect to space containing desired energy Good Vibrations - link to energy space to create a flow Shields Up - form energetic shield around something Find It - locate a missing item Make Connections - form stable link between two things		
Destruction (see Chapter 9)	The Incinerator - furnace consumes negative energies The Supernova - cast energy into space and explode Traditional Magick - destruction container (triangle, square) Blow It Away - blow negative energy away out of hand		

APPENDIX B: ALTERING YOUR STATE OF CONSCIOUSNESS

The All-Seeing Eye

Posture: Standing or sitting

Eyes: Open or closed

First clear your designated working space of any distractions.

Begin by reaching up with one hand and touching one or two fingers to your third eye chakra point. Hold that point for a moment. Imagine that you have a single, large eye right there in your forehead. Bring your consciousness of sight to that point, as if you are seeing from that one single eye rather than your two physical eyes. Let go of your third eye point and move your hand outward from your face. Your hand's movement is the first thing your third eye sees. Now slowly move the palm of your hand downward, facing you all the time. Imagine that your one large eye is dropping down along with your hand. It is sinking down through your head, through your throat, and into your chest. When your hand reaches the center of your chest (in front of your heart chakra or solar plexus chakra), stop and hold it there. You are still seeing out of your one large eye, and it is still looking at the palm of your hand. You have now dropped your internal vision into the center of your chest—in your "heart space."

Next, remove your hand and "see" (with that single eye) from the center of your chest. Imagine what it is like to look at the room you are in from that vantage point rather than from the position of your physical eyes. You are now going to start spinning that one large eye around. Begin spinning it to your right. Imagine you are seeing the room from different angles as you spin that eye around. Turn it all the way around, so that it looks behind you, then around to your left, and all the way back around to the center. This eye has the ability to see through your body in any direction. Notice what the room "looks" like from that eye's perspective. Spin it around once or twice more, always directing your inner sight to what that eye is "seeing."

The next stage is to begin to see further and further away. Keep spinning that single eye around in the middle of your chest. The next time around, you see through the walls in front of you, on the side of you, behind you, and so on. You might be seeing outside of the house or building you are in, or you might be seeing into other rooms. Go ahead and "look" at what's there. Allow whatever comes to that inner vision to come, without hinderance.

Each time you spin your eye around, notice that you see things further away. The next time around, you are seeing beyond the physical structure you are in. You might be seeing into the neighborhood, into the city, or into fields, woods, or mountains, depending on what the external surroundings are at your location. Imagine you are actually *seeing* those things that surround you, farther and farther out. If there is a freeway nearby, you might see cars and trucks speeding along. If there is a park nearby, you might see people walking their dogs. Keep spinning that eye around, so that what you see keeps changing. It's like your vision is spiraling outward with each pass around.

If you feel you are already in a significantly altered state of mind, you can stop here. Or, you can keep spinning that eye around, allowing yourself to see things even further away. As you go around, the distance spirals outward even more—at an alarming pace! The next time around, you are seeing things much farther out—distant cities, mountains, valleys—as if you were looking through a telescope that could see through any objects that are in its way. The next time around after that, you might see past things that are orbiting the earth (like satellites)—or maybe even to the moon or other planets in the solar system. You could take it around yet again and see clear out into the distance reaches of space, to nebulas and star clusters within the galaxy, or even beyond the galaxy. Always keep that eye spinning around as long as you continue to "see" with it.

Keep going further until you feel the transition into an altered state of consciousness. Your brain has changed what it normally, consciously does—that is, seeing with your regular eyes—into what it's not used to doing—that is, ignoring your physical eyes and focusing clearly on your imagination *as if* that was what you were really seeing. This has a powerful effect of shifting your consciousness and the frequency of your brainwaves.

Optionally, you could shift from this exercise right into creating your

magickal working space: Reach into the center of your chest where that third eye has been spinning around. Touch that location. Pull a small sphere of energy right out of that spot in your chest. Bring it out in front of you with both hands and expand it into your working space. You are now ready to begin your magickal session!

Heart-Breath

Posture: Standing or sitting

Eyes: Open or closed (preferably closed)

Begin by simply controlling your breath. Breathe slowly and evenly—slowly in, slowly out. Bring your attention to how you are breathing—drawing air into your lungs through your mouth and nose. Focus on that for a moment, then direct the inner attention of your breath downwards. Imagine that you are taking air into your lungs from a point lower than your mouth. Move that point down your throat into the center of your chest. When you reach the center of your chest, right about where your heart is, focus on that while continuing to breathe slowly and deeply. Imagine you are pulling air straight through the center of your chest into your lungs, so that your heart can get the oxygen from them.

Next, make a gentle shift in your mind, so that you are now breathing directly into your heart. Yes, as you breathe in, imagine that you are pulling air straight through your chest into your heart. As you breathe out, you are breathing the air straight out of your heart. There is only your heart now—no mouth, no airways, no lungs. You are just a heart, beating and breathing in the Universe. Continue to breathe in and out of your heart, slowly and evenly, until you feel that you are in a sufficiently relaxed state of mind. You are no longer in your mind at all. Your consciousness has dropped into the space of your heart. There is no more thinking. You are only *feeling*, as that is what the heart does. You are now in an altered state, *feeling* from your heart.

If you would like to create your magickal working space from here, it will be easy to do. Touch that place by your heart that you have been breathing in and out of. Imagine that your beautiful heart is easily and automatically pumping out a small sphere of energy into your hand. Bring that energetic sphere out in front of you with both hands and expand it into your working

space. Then move on to conducting your magickal session.

Intergalactic Space

Posture: Sitting

Eyes: Closed (read and understand the exercise first)

To begin, sit, relax, and close your eyes. In your mind's eye, take yourself out into space—far, far away. Imagine you are in the deepest, blackest space between the galaxies. You are so far away from everything that there is nothing but vast empty darkness. Infinite darkness—and *you*. Somehow, you are able to breathe. In fact, all you are is a breath, slowly breathing in and out in the vastness of intergalactic blackness. Focus on that darkness. It is just black. It is empty. It is *nothing*.

Intensify your focus on the darkness until it is the only thing in your mind—darkness and your breath. Do not allow yourself to think of *anything* else. Push out all thoughts of anything else—even the thought of thinking anything. Empty your mind *entirely*. Think only of the darkness. It may help to focus on your breath. It is as if you are *only* breath—the breath of the Universe—gently breathing in and out in the darkness.

If any thoughts come into your mind, just push them away. Forbid yourself to think of anything! If any feelings come up in yourself, push those away as well. Don't let yourself feel anything! You only *perceive* the darkness and the breath. That is all there is—vast black emptiness and gentle consistent breath. Hold this state for as long as you possibly can. If thoughts and feelings come rushing in, just force them out! If it helps, imagine a wall all around the central point of your breath in the darkness. Push any thoughts beyond that wall so that you pay no attention to them at all! Then bring your focus back to the darkness.

If you can hold this state, without any thoughts interrupting it, for 30 seconds or even a minute, it is enough to "reset" your brain. It alters your state of mind. Immediately shift your focus to the intention of the magick you are about to start working. Then create your working space and step into doing that magick!

Chakra Clearing And Charging

Posture: Standing

Eyes: Open or closed

First clear your designated working space of any distractions.

Stand in your designated working space. Begin by relaxing your breath. Breathe slowly and deeply. Imagine you are beginning to breathe in light. Take a few deeps breaths of pure light, white and bright. *Feel* the light coming in through your mouth or nose down into your lungs, filling the lungs with powerful light! Then *feel* the light going back out through your mouth. Focus on the pathway of the light—in and out through your mouth or nose. Take a couple of breaths like this. Three breaths is enough.

On the next deep breath in, direct that light to the top of your head. Touch your crown chakra as you breathe the light in and send it to that location. See the light gather there. As you breathe out, it starts to spins around, forming a sphere. *See* it spinning there, counter-clockwise (or clockwise from above), going from the left, out, and then back to the right. Imagine this as a spinning sphere of bright white light which partially penetrates into the top of the head. *Feel* this light energizing and activating your crown chakra point. Once you are able to see the sphere of light spinning there, you can stop touching your crown chakra point. Leave the light spinning there as you continue with the exercise.

On the next in-breath, send the light to your third eye chakra. This is the spot in the middle of the forehead, slightly above the eyebrows. Touch this place on your forehead. As you breathe out, *see* the light spin around at this spot, clockwise, going up on the left and down on the right. As before, see this as a spinning sphere of bright white light which partially penetrates into your forehead. Release the chakra point, allowing the light to stay there, continuing to spin. *Feel* the energy of this light cleansing and charging your third eye chakra.

With the next breath in, send the light to your throat chakra. This is located in the center of your throat, a little above the base of the throat. Touch this spot as you breathe in. As you breathe out, *see* the light spin into a sphere at that spot, clockwise, up on the left and down on the right. Again, *feel* the energy

of the light activating that chakra point.

On the next breath in, send the incoming light to your heart chakra. This is the point in the center of your chest, right where the heart is located but centered in the rib cage. Touch this point as you breath light into it. Allow a sphere of light to spin around there as you breathe out, clockwise as before. *Feel* it cleansing, clearing, and activating your heart chakra.

The next spot is your solar plexus chakra. This is the point just below the bottom center of the rib cage in the dimple between your abdominal muscles. Touch this point as you breathe light into it. Spin the light around clockwise at that location as you breathe out. You now have several spheres of light spinning at various chakra points with each deep breath that you breathe.

With the next in-breath, direct the incoming light to your sacral chakra. This is located at the top of the sacrum, in the center of the lower belly, about an inch or two below your belly button. As with the other points, *see* the light spinning there as you breathe out while touching this point. See it as a sphere which partially penetrates into your abdomen and which rotates clockwise in front of you. *Feel* it as an energizing ball of light.

For the next breath in, send the light to your root chakra. This point is at the base of your tailbone, at the bottom of your trunk, about where the perineum is. Touch this spot or near it as you breathe in. On the out-breath, spin the light around in a sphere. This sphere is spinning in the same direction as the one at your crown chakra (the top of your head). Looking down, it would be spinning clockwise, out from the left and back to the right. This sphere extends into the lower abdomen, penetrates the top of the inner thighs, and extends down below your root chakra. *Feel* the energy of that light sphere clearing and activating the root of your being!

We have now energized all seven of your chakra points, as you have spheres of light rotating at each of them. But we aren't finished. Let those spheres of light continue to spin there as you breathe. Continue to feel all of your chakra points being charged and activated with each breath. Then reach up and touch the space directly over your head, about six inches or so above it. With your next deep breath in, imagine a large, egg-shaped column of light whose top is at the spot you are touching and whose bottom is below your feet. It encompasses the entire space of your aura. As you breathe in deeply and slowly, you are filling this whole space with light. Yes, your whole aura is

filling up with bright white light! When you breathe out slowly, see it begin to spin. It spins clockwise (if looking down from above)—in the same direction as the spheres of light at the top and bottom chakra points.

Take a couple more deep breaths in and out. With each one, *see* this beautiful white light fill up your aura and spin around more intensely. You may need to take a few breaths to complete this visualization. *Feel* this powerful light energy saturate your entire body, your aural space, and all of your energy centers with pure mystical power! Each in-breath fills the space with more light, while each out-breath spins it around at all the locations at once. With practice, three deep breaths should be enough to sufficiently saturate your aural space with light. You are now filled with energy and light! By this point, you will have so distracted your mind that you will be in an altered state, probably resonating with theta brainwaves.

You can now easily shift into creating a working space for a magickal session. Just reach out with both hands and expand that egg-shaped aural space that is filled with light into a dome-like energy sphere that encompasses your designated working space. It is already filled with power and light! Then carry out your magickal session.

APPENDIX C: CHAKRA POINTS

Why Chakra Points Are Important

You are a holistic being! You cannot separate mind from body from soul. You are one! Chakra points are the energy centers of the body. They provide connections in physical space (in your body) to energetic concepts of the mind and heart.

The idea of chakras was originally written about in the Hindu Vedas, which are thousands of years old, but common thought is that they had been used for a long time before that, being taught through oral tradition. So are chakra points real points of energy in the body or were they just made up way back then? I will counter this question with a question: Does it matter?

I find that utilizing chakra points works for many magickal purposes. If it's useful and it works, then great! I use the seven generally-accepted chakra points plus the idea of an eighth center above the head representing the top of the aura (another ancient concept). This is what you will find documented in this appendix. While I have read about more recent scientific measurements that have detected these energy centers in the body, and even the field of the aura, I have no purpose in proving their existence. If they are useful, why not use them?

Various negative energies can be trapped within these energy centers (chakras). If you are doing any physical healing work, on yourself or anyone else, these can be very useful. Finding and removing unwanted energy structures located in chakra points can promote the desired healing. Often, it will seem as though emotional issues are centralized in physical locations as well. So they also work well for emotional healing. Since I am assuming healing work will be something you will use Mind Magic for, I'm providing you with more detail about chakra points in case you aren't educated about them. If you are familiar with them, then this can be a refresher for you.

You can use chakra points for a variety of purposes: Insert positive or healing energy structures at these points in the body. Connect chakra points to other vibrational energies and cause them to flow into those centers. Insert energy

spheres into those points. Run energy through them or even between them. There is no end to what you can do with chakras. They are powerful reference points for working all sorts of magick.

How well this works is really up to you. If you don't want to use chakra points, you don't have to. But there is an entire morphic field around chakras. And while they are thousands of years old, modern knowledge of these points has spread around the world. Millions of people in more recent times have been using them for a variety of healing and other purposes. This only strengthens the morphic field surrounding them. This is a field that is easy to tap into and utilize! Since chakras are physical points that you can use your hands to connect to, they play well with Mind Magic. They lend to the hand-mind connection and can be quite versatile tools to put under your belt. So use your imagination and have fun with these!

A Brief Explanation Of Chakra Points

Figure C.1 illustrates the generally-accepted locations of the main seven chakra points and the aura.

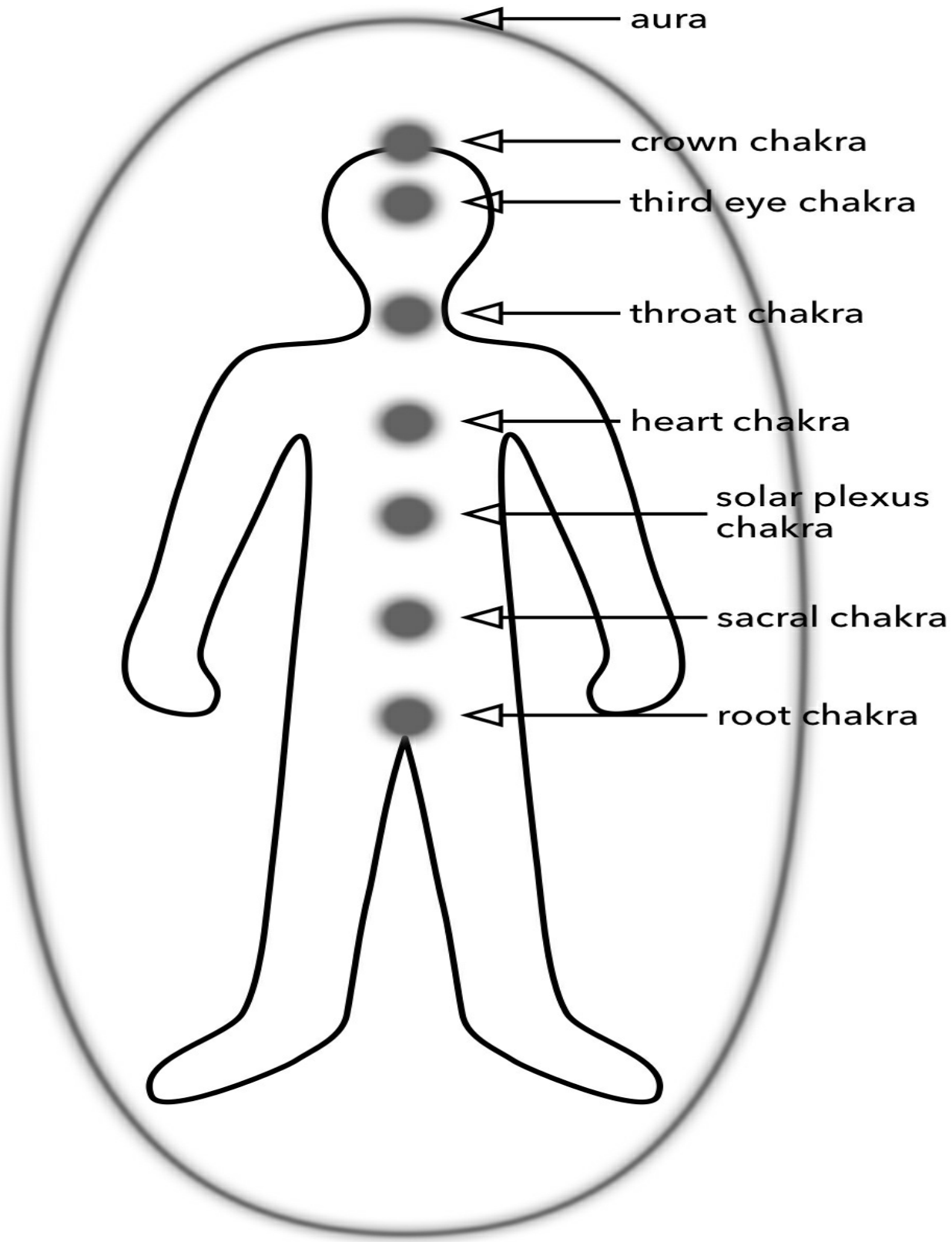


Figure C.1 — The body's chakra points and aural space

Aura - The aura is an invisible, egg-shaped energy field that surrounds and encompasses the entire body. It protrudes several inches (some say up to a few feet) outward from the body. The aura contains energy that the individual is either emitting or is resonating with.

Crown Chakra - This topmost chakra point is located at the top center of the head. In the physical, it is related to the pineal gland, the cerebral cortex, and the control of your hormones. Emotionally, it connects with peace, enlightenment, and divinity. It is a connection point with the All, the Universe, or the cosmos. It represents spirituality and understanding.

Third Eye Chakra - This point is located in the middle of the forehead, slightly above the eyebrows. Physically, it relates to the brain, the pituitary gland, and your senses, particularly your eyes, ears, and nose. In the emotional realm, it represents insight, intuition, and imagination. It is the center of your "sixth sense," ESP (extrasensory perception), or "second sight."

Throat Chakra - This chakra is found a little above the base of the throat. In the physical, it connects with the throat (of course), the thyroid, and the cervical area of the spine. Emotionally, it relates to speech and communication. It can represent breath (both physically and emotionally), as well as self-expression (the freedom to speak your mind or to freely "be yourself").

Heart Chakra - This is located right in the center of the chest—where the heart is, but centered in the rib cage. Physically, this point represents the heart, blood, circulation, and immune system, as well as the ribs, lungs, and breasts. Emotionally, it connects to love, compassion, peace, joy, and other *feelings* (the heart in an emotional sense). It also relates to healing.

Solar Plexus Chakra - This point is found just below the center of the rib cage in the dimple between the upper two and lower four abdominal muscles. In the physical, this chakra connects to your internal organs and digestion, including the pancreas, kidneys, liver, diaphragm, and your skin. In the emotional, it represents a sense of belonging and connection, as well as self-will, self-worth, self-esteem, and confidence.

Sacral Chakra - This one is located at the top of the sacrum, in the lower

belly, about an inch or two below your belly button. Physically, this chakra relates to the genitals and sexual reproductive system, as well as the urinary tract and bowels. In the emotional realm, it connects with pleasure, sexual drive, abundance, and a sense of well-being, as well as general motivation and drive. It is also a connection with basic emotional needs such as those met in relationships.

Root Chakra - This lowest chakra point is found at the base of the spine (near the tailbone), around the perineum. In the physical, this point connects with the base or root of the body, the spine, and the lower digestion, as well as the extremities of the body (arms and legs). Emotionally, this point relates to survival, primal instincts, the “fight or flight” mechanism, and a sense of independence. It may be connected to finances, money, and food.

APPENDIX D: CREATING A PROTECTED MAGICKAL WORKING SPACE

Review Of The Magickal Working Space

This quick refresher on how to create a magickal working space has been placed in this appendix so that you can easily locate it for reference. There are two main shapes I use to define a space in which to work magick: the sphere and the cylinder.

To create the most basic shape for a working space, a sphere:

1. If you will need any objects in your working space, such as a pillow or chair to sit on, move them into the area at the start.

2. Place both of your hands out in front of you, cupped together, in the area you have designated for your working space.

3. Visualize the sphere forming in the space between your hands. *Feel* it there.

4. Pull your hands apart to grow the energy sphere larger and larger. *See* it in your mind's eye. Make it large enough to step completely inside of it while still leaving room for you to move your hands around within that working space. It's fine if it extends into the floor, walls, ceiling, or even protrudes into objects in its peripheral space. You may need to back up a little to make it large enough. (See Figure D.1) When it is finished, reach out and touch it. *Feel* it there.

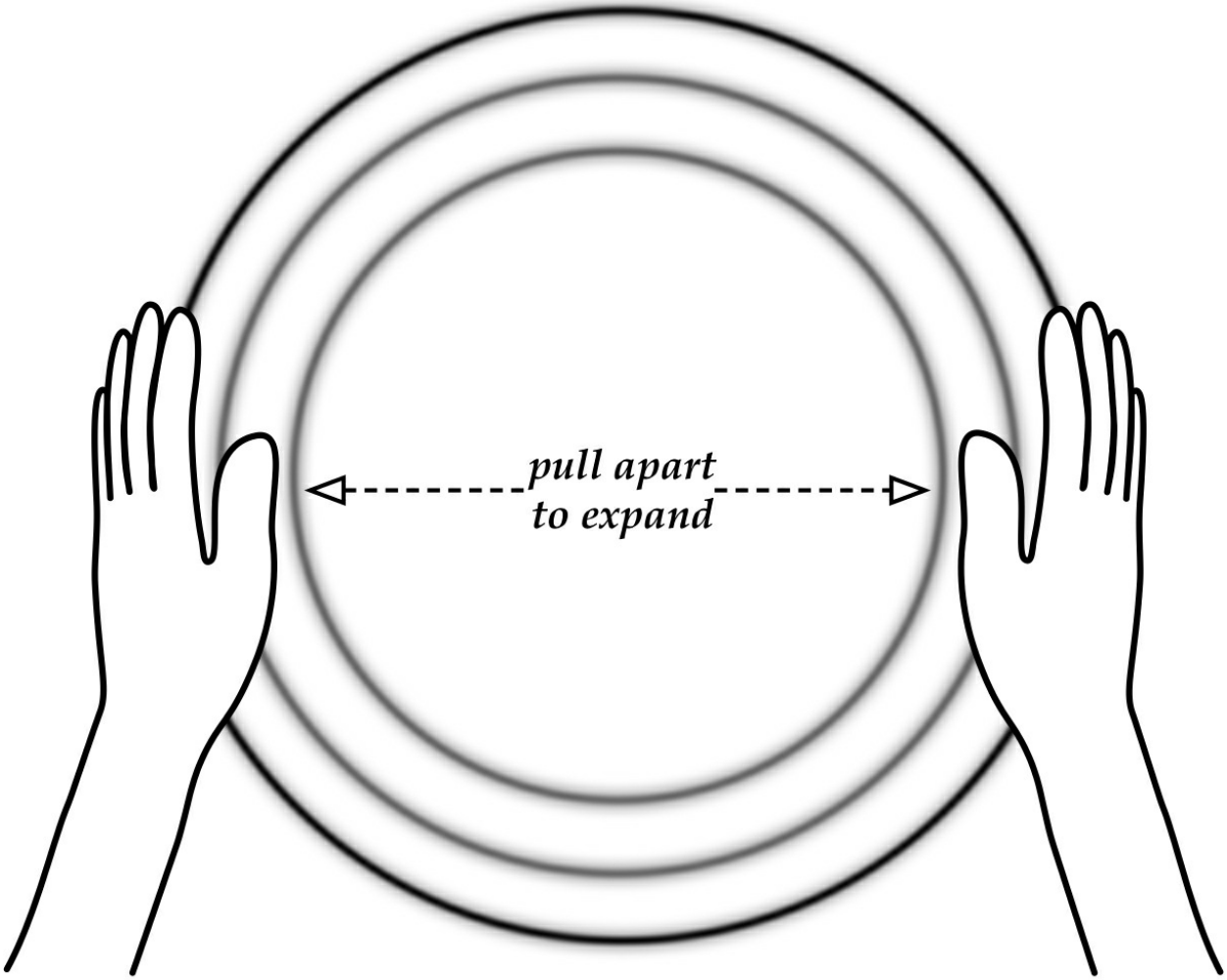


Figure D.1 — Forming a magickal working space

5. Step inside the energy sphere, inserting your hands into it first. *Feel* your hands break the surface tension of this energetic structure. *Feel* your body press through it as if you were stepping into a bubble that seals up right behind you.

It's that simple! Optionally, you could stand in the center of the designated area and form your spherical working space around yourself. To do this, create the sphere between your hands in the same way. As you grow it, extend your hands up and outward. *See* that the sphere envelops you as it grows. Your hands are then inside of the sphere, growing it by pressing the inside walls of the structure outward. Push it out past the ends of your fingertips to allow yourself enough space to work your magick freely.

To create the second most basic shape for a working space, a cylinder:

1. If you will need any objects in your working space, such as a pillow or chair to sit on, move them into the area at the start.

2. Bring one hand forward with one or two fingers pointed at the furthest point on the floor in front of you that your working space will encompass.

3. Imagine a beam, current, or other flow of energy shooting out of your finger or fingers at that spot on the floor. Move your hand around in a clockwise direction to form a circle on the floor with this beam of energy. One time around is sufficient. Make it as large as you would like your working space to be. (See Figure D.2)

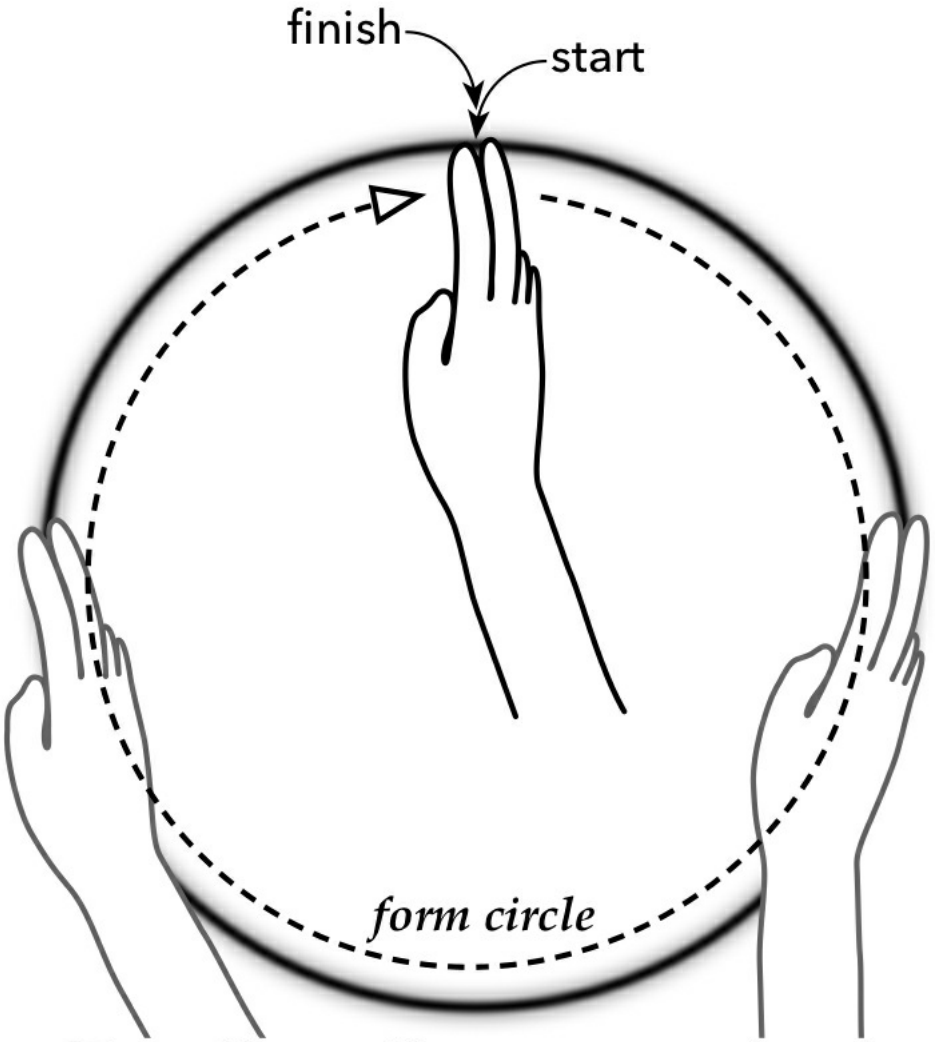


Figure D.2 — Drawing a magick circle

4. When the circle is complete, *feel* the energy of it and *see* it glowing there on the floor. Reach down to floor and grab the edge nearest to you

with both hands (spread them out a bit). Pull that circle of energy upwards as you rise, extending your hands slowly upward until they are above your head. See the resulting cylinder of energy forming in front of you until it reaches the ceiling—or a sufficient height for your purposes. *See* it as a glowing circular wall of energy. Reach out and touch it. *Feel* it there in front of you.

5. Step inside this cylindrical structure, inserting your hands into it first. *Feel* your hands break the surface tension, then *feel* your body press through it as if you were stepping through the surface of a powerful energy shield that seals up right behind you.

Options for creating a cylindrical working space:

A. You can step into just the circle once it is formed, and then reach out and grab the circle's edges to your right and left. Extend those upward along both sides of you. *See* the cylinder grow from the floor all around you. Raise your hands all the way up until the cylinder reaches the ceiling or a sufficient height. *Feel* it when it is complete. Reach out and touch the inside surface of the cylinder. *Feel* it there around you.

B. You can draw the circle around yourself to begin with. While standing, sitting, or kneeling in the center of your designated working space, draw the circle in a clockwise direction with one or two fingers. If desired, you can physically touch the floor and draw the circle there. A rug or carpet (or dirt if you are outside) may even visibly show where the circle is. Once the circle is formed, follow the steps mentioned in option A above to form the cylinder.

Keep in mind that you don't have to touch the floor in order to create a cylindrical working space. If it is too difficult for you to reach the floor, just make the motions with your hands and arms to raise the cylinder up from the floor to the ceiling.

Technically, you could use a wide variety of shapes for your working space, but the process of creating them would be much the same. For example, to create a dome, form a large sphere and move it further down into the floor. To create a pentagonal, hexagonal, or octagonal shape, just draw the shape on the floor and then raise it from floor to ceiling as you would for a cylinder. You can also create your working space outdoors if you feel so inclined. If

you have a reason (or desire) to create other shapes for working spaces, feel free to experiment with them. There's no reason you can't play with this energy just for fun, too! It may enhance your ability to work with subtle energy structures.

Adding Protection To Your Working Space

To create a protected magickal working space, you're going to create a cylinder of energy with an added kick! Follow the initial steps to form a magick circle on the floor of your working space, and then enhance that circle with a 5-pointed star, forming a pentagram. The long history of the protecting power of the pentagram provides the additional protection that you need for your working space. There's a lot of energy there for the purpose of defense, preservation, safety, and security, as it has been used for such purposes for thousands of years. Your subconscious mind can tap into that protective power easily!

To create a protected cylindrical working space:

1. Bring one hand forward with one or two fingers pointed at the furthest point on the floor in front of you that your working space will encompass.

2. Imagine a beam, current, or other flow of energy shooting out of your finger or fingers at that spot on the floor. Move your hand around in a clockwise direction to form a circle on the floor with this beam of energy. One time around is sufficient. Make it as large as you would like your working space to be. When the circle is complete, *feel* the energy of it and *see* it glowing there on the floor in color: white, blue, or yellow.

3. Next, point the same finger or fingers to the edges of the circle in the exact pattern shown in the illustration. Start at the lower left edge, move up to the top, down to the lower right, up and over to the upper left, across to the upper right, and back down to the lower left edge where you started. Note that you are drawing a pentagram with your finger(s), always moving in a clockwise direction. (See Figure D.3) *See* the lines you are drawing in color: bright white, yellow or golden, or a fiery blue. Imagine you are drawing the pentagram with glowing fire! When it is complete, *feel* the surge of power that results from it being formed. *Know* that the circle you have formed now vibrates with powerful protection energy!

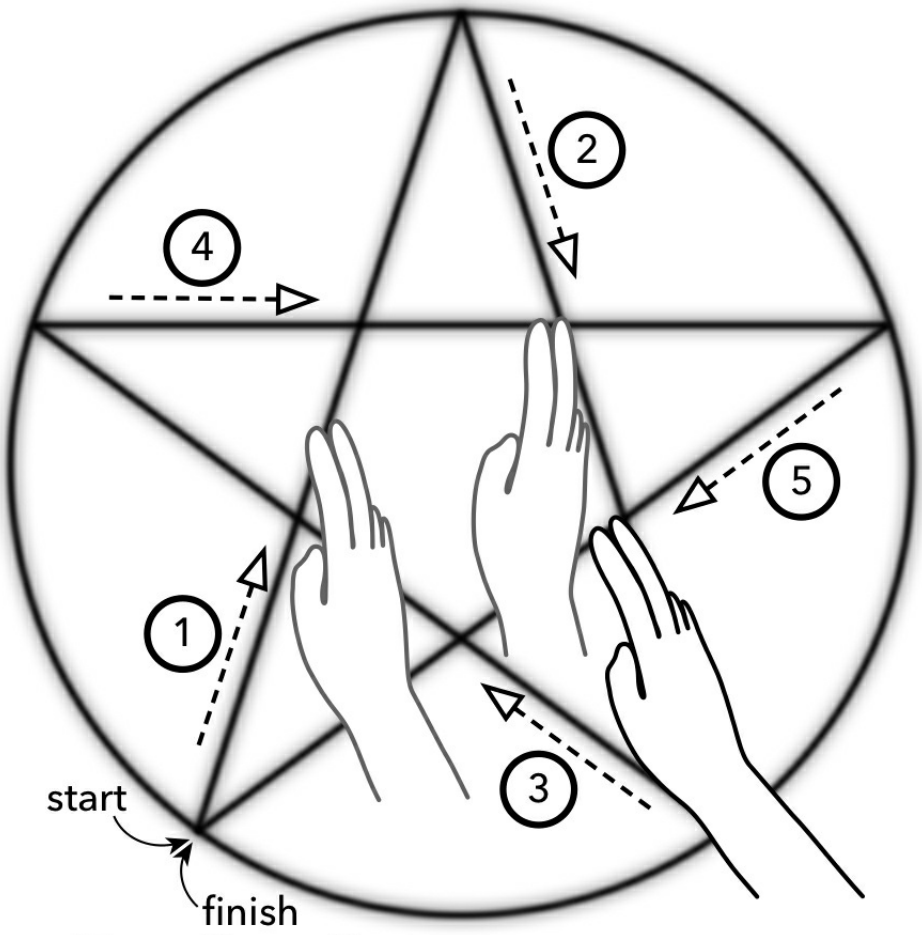


Figure D.3 — Drawing a protective pentagram

4. Step into the circle, moving into the center of it. *Feel* the intensity of the protection that it already provides you just by standing on the energetic shape that you have formed!

5. Reach out to your right and left and grab the edges of the circle. If you can't reach the furthest edges (or don't want to), just reach toward them. Imagine you are grabbing the circle and pulling it upward, stretching it into a 3-dimensional shape—the shape of a cylinder. As it rises over you, feel the immensity of the protection that it offers. Extend it up as high as you feel you need to—or all the way to the ceiling. When it is complete, *feel* the surge of power that results! Reach out and touch its inner surface. *Feel* it surrounding you.

6. You are now within a protected magickal space. Work your magick without concern or fear. If you require (or desire) additional protection, you can optionally draw pentagrams (using your fingers) above and on all

sides of you. Look up and draw a pentagram on the ceiling—the topmost circle of the cylinder. Then look in front of you and draw one on the wall of the cylinder. Turn right ninety degrees and draw another. Do this four times until you have gone all the way around. It's like you are following the points on a compass—North, then East, then South, then West. Don't worry! You don't have to know your directions. "North" can simply be straight in front of you. When you are finished, you will be sealed in completely, with pentagrams drawn below, above, and on all sides of your space. *Feel* the safety of it. Now work the magick you intended with gusto!

Use a little more care when cleaning up protected magickal working spaces. You have options here as well. You can unmake the energetic cylinder by pushing it aside from the middle like you are pulling back a curtain. Move around in counter-clockwise direction until you have completely pushed the curtain (cylinder) away. Feel it collapse or disintegrate into your hand as you do so. Or you can step out of the cylinder, use your hands to collapse it back into the circle on the floor, and then use your fingers to unmake the circle, following it from the circle's top (furthest edge) counter-clockwise around to the top again. If your working space contains some really good energy after your magick is complete, you may want to collapse it down and consume it, as described in the "Energy Pill" closing sub-method of Energy Spheres (in Chapter 5). You do not need to unmake or erase any stars that you have drawn as your pentagrams. Just clean up your magickal space, allowing them to remain in your mind as protectors of the magick you have worked.

A note about working magick outdoors: You can, of course, always create your magickal working space in an outdoor environment. Connection with nature is often magickal in and of itself. Yes, working magick under the stars, in the full moonlight, in a forest, or on a grassy hill can be a beautiful and empowering experience! This book is written in a manner such that the average modern person can utilize its methods; therefore, little mention is made of working magick outdoors. Personally, I love nature, and I feel a powerful connection with the earth and with the whole Universe when I am in a natural outdoor environment. When I am at the beach, I feel the power and vastness of the ocean. When I am stargazing, I am struck with a sense of wonder and awe at the enormity of our Universe. However, most people in our modern world spend the majority of their time indoors. If you have

access to a place outdoors where you can be undisturbed and feel comfortable working magick, then by all means, take advantage of it! Magick worked in the great outdoors can give you a heightened sense of connection to your world and your Universe. It can thus contribute to the sense of power that you experience. If you have a place outside that you feel is private enough to work your magick, more power to you! Hey, if you can create a magickal working space standing barefoot in the grass or the soil while letting the moonlight stream down over your face, then go for it!

APPENDIX E: A LETTER TO MY READERS

Be not impatient in delay
But wait as one who understands
When Spirit rises and commands
The gods are ready to obey
—James Allen

To *You*, my dear reader:

You've learned a lot throughout the pages of this book. You've learned about the key differences between your conscious and subconscious minds and how your observation affects reality around you via the quantum observer effect. You've learned the four basic steps of Mind Magic and how to use them to alter your observation of reality. You learned how to activate magickal energy by using your hands via the mind-body connection. You learned many details about how to use the five key Mind Magic methodologies: How to create, use, and destroy energy spheres; how to utilize holograms to modify physical reality for yourself or others; how to create timelines and use them to change events or even modify entire sequences of events; how to connect with and utilize flowing energy in a variety of ways; and how to destroy negative or unwanted energies when necessary. You then learned how to combine these methods together in many way to magnify and complement their power.

You've learned how to prepare yourself properly to work powerful magickal sessions. You learned the importance of altering your state of consciousness and a few easy methods for doing so. You then learned the details of how to open, carry out, and close a magickal session. You learned how to set your intention, engage the Mind Magic palette, and activate the methods you choose to work powerful magick. You even learned how to incorporate other modalities into your magickal session if you decide to. You learned about the feedback loop, how to receive inspiration, and how to determine when your

magick is finished. You've practiced all of these methods, both separately and together, in order to gain experience in utilizing this magick to change reality.

After all of this, you were handed a variety of powerful "golden nuggets" that can skyrocket your magickal abilities—strategies to ramp up your success with magick. You learned about the importance of being aware of energy flows, of keeping your magick private, and of removing negative energies and mindsets from within yourself. You learned to improve your confidence by raising your own personal vibration to be in line with some key positive energies. You learned the importance of feeling gratitude, of committing to your magick, and of avoiding the biggest pitfall of "trying."

You then learned why you should practice detachment and clean up negative energies from your own subconscious mind. You learned how to dissolve your own inner resistance and let go of limiting beliefs and personal subconscious blocks, including some powerful methods for removing deep inner attachments. You even learned how to correct mistakes made with magick and how to connect back to your magick if you should ever "fall away." And finally, you learned the crucial importance of regular meditation and magickal practice—how stepping into the subconscious world on a daily basis can propel you forward into a glorious and successful future!

You've certainly learned a great deal! That's a lot of ground you've covered! You are now armed with the tools, the understanding, and the power to use all of this to drastically change your life. Yes, you can put into practice what you now know to enhance your whole life, improving it little by little—or perhaps by leaps and bounds! If my intent has hit its mark, I expect that this book has changed the way you see the world. It has improved how you handle problems or issues when they arise. It has enhanced your level of confidence in dealing with any situation you are presented with. And it has probably also deepened your understanding of *yourself*—your own inner thoughts and feelings. Indeed, it can even change how you imagine and create your dreams for your future.

My goal with this book was to provide you with a complete system of magick, from a base-level understanding of what magick is to a confident grasp of how to activate the magickal power within yourself. I feel that I have met my goal with this book. I know you have the power within you to utilize

the magick I have taught you. I know you can do this!

So let go of all stress. Let go of any self-doubt. Step into your Power! You are on a *path of power*. Don't let any one, any thing, or any circumstance sway you from your determined course! If you really know what your goals are, it will be easy to stay on this course. So choose what you desire for yourself. Choose what you desire to *be!* Don't be afraid. Get intense about your choice and commit to it inwardly! If you know what you choose for yourself, you don't need to leave any other option open. Let go emotionally and commit mentally! Then stick to it!

My intent with this book is to provide you with everything you need to become a True Wizard, Witch, or other title. Is this what you desire? Then step into it! Step into *being* a True Wizard! What does that look like? Let me show you…

As a True Wizard, look at every reality in an objective fashion. Never complain. Just decide how you will handle things. Decide what you'd like to change about them. Then reach into that reality and make that change! You have learned how to use the tools I've given you. So use them! As a True Wizard, do not allow yourself to be swayed by any negative circumstance! Choose how you *feel* about the circumstance and then *let it go*. This will change it because *observation is everything!*

Learn to obtain and maintain *utter control* over your own feelings as much as you can. You will then be in control over your own reality. Maintain *absolute calm* at all times. To a True Wizard, calmness is supreme! And you have every reason to be calm, for you now understand how reality is created. So laugh at anything that appears to be negative in your reality! Decide what you *choose* to see as the outcome, and work your magick confidently. Yes, *fully observe* it as you choose to see it—and watch it melt before you! Relax, and walk in the magickal life and path that you have chosen! And reality will bend to your will.

To your Powerful Mind, let there be no such thing as a negative, no such thing as a setback, no such thing as a loss. Utilize every *apparent negative* that comes your way to the furtherance of your own power! Yes, look at every negative situation as an *opportunity* to enhance your power! Let every negative feeling that arises in you be an *opportunity* to overcome yourself and strengthen your own self-control. Look at every limitation as an

opportunity to break it, exceed, and go beyond the expectation! Then everything that happens around you will be directed toward the complete fulfillment of your desires—every change that comes your way, whether expected or not, will further your power and your magick!

As a True Wizard, refuse to accept anything negative! Don't "settle" for it! Determine *exactly* what you desire and lock your mind onto that. Then *let it go*, knowing that everything works out according to your free will. The knowledge and understanding you have gained, the tools and methods you have learned, and the work you have done to cleanse yourself from negative energies all combine to provide you with tremendous Power! Use that Power! You are a *Divine Being.* You know your path. Stay on it! Let nothing even cause you to flinch. The Universe is on your side. Always remember that!

My heart's desire is that You, my reader, will learn and practice this beautiful Mind Magic, that you will utilize the tools, tips, tricks, and "golden nuggets" I have given you, and that these will bless your life in ways you never imagined! I have explained all of these thoroughly so that you would thoroughly understand them. So don't let them lie dormant. Use them!

I love You—and all of humanity that populates our beautiful globe. Now go forth and be *Powerful!*

To your greatest success,

Merlin Starlight

ABOUT THE AUTHOR

Merlin Starlight

The man behind Merlin Starlight was once a mess of stress and tension every day. As a young adult, Merlin suffered from deep unhappiness and dissatisfaction with his life. His total lack of inner peace drove him from one thing to another until he discovered a key principle of the Universe—that he was creating his own unhappy life! Motivated by a crushing desire to turn his life around, he came to learn the power to alter his own reality and some basic magick for doing so. He pursued these concepts with intense passion for many years, growing in magick and mending his own emotional issues all along the way.

Today, Merlin Starlight is the author of books on real magick. He is a healer, teacher, and powerful wizard. Through this journey, he has also found deep inner peace within himself. He continues to work every day to improve himself and his reality. Inspired by his own story, Merlin feels that it is his mission to teach simple, beautiful, powerful magick to all the world so that many others can change, improve, and enhance their own lives as well. Merlin lives with his family in Southern California.